

# Tasty Tikka Turkey Balls

You can serve these with salad as a starter or light meal. These are great fun to make as you use clean hands to mould them into balls. Get stuck in!



Milk and mustard\*

## Nutritional information per portion (104g):

Energy 538kJ 128kcal 6%	Fat 5.2g 7%	Saturates 1g 5%	Sugars 5.9g 7%	Salt 0.63g 10%
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of an adult's reference intake.

Typical values per 100g: energy 517kJ/123kcal.

## Equipment

- Sharp knife
- Chopping board
- Colander
- Kitchen paper
- Scissors
- Cup or mug
- Spoon
- Mixing bowl
- Measuring spoons
- Grill tray or frying/griddle pan
- Tongs
- Oven gloves



## Ingredients

### Serves 8 as a starter

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|--|--|
| 1 medium red onion                         | 3 x 15ml spoons masala<br>curry paste      |
| 1 yellow pepper                            | 3 x 15ml spoons low-fat<br>natural yoghurt |
| 1 x 15ml spoon ground<br>cumin             | 2 x 15ml spoons mango<br>chutney           |
| 2 x 15ml spoons fresh<br>chopped coriander | 500g turkey mince                          |

\* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

# Step 1

Peel and chop the red onion finely.



# Step 2

Wash the pepper, slice in half and remove seeds. Chop into small pieces.



# Step 3

Wash, pat dry and finely chop 2 x 15ml spoons coriander into a cup with scissors.



#### Skills used include:

Measuring, peeling, chopping, mixing/combining and grilling.

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## Step 4

Put the chopped onion, pepper, chopped coriander, mango chutney and curry paste in the mixing bowl. Then add the turkey mince and yoghurt to the ingredients and stir well.



## Step 5

Using your hands, mould the mixture into small balls (about the size of a golf ball). This will make about 20. Wash your hands after handling the raw mince. Leave the balls to chill for 20 minutes in the fridge.



## Step 6

Place the turkey balls under a hot grill for 20 minutes, turning regularly with tongs or use a griddle pan or frying pan to cook on the hob.



# Optional Ingredients

Try the optional ingredients and equipment below to make a range of different dishes, or you could even add some new ingredients and invent your own dish.

## Additional Instructions

<b>Vegetarian tikka balls</b> – Add 500g of Quorn™.	For a meat free version substitute the mince with 500g of Quorn™.
<b>Lamb tikka balls</b> – Add 500g minced lamb.	Substitute the turkey mince for minced lamb at step 4. Note: lamb mince has more fat in so may spit in the grill.
<b>Alternative preparation method</b> – Use a food processor.	This recipe can be made in a food processor. Peel the onion and cut into quarters. Wash the pepper and cut in half and remove the seeds. Use the food processor to chop up the onion and pepper. Add the chopped coriander, mango chutney and curry paste and mix together. Add the turkey mince, yoghurt and mix again until it starts to stick together. Remove the blade/cutter carefully and then using your hands, mould the mixture into small balls.
<b>Alternative cooking method</b> – Use an electric frying pan instead of grill tray.	The tikka balls can be cooked in an electric frying pan but are better if flattened a little to make sure really cooked through.

## Prepare now, eat later

You can keep the tikka balls in a fridge for up to 2 days or freeze and use at a later date. Defrost thoroughly before reheating and cook at step 6 until piping hot.