

# 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  
Wooden spoon  
Mixing bowl  
Measuring spoons  
Grill tray  
Tongs  
Oven gloves

## Ingredients

**Serves 8 as a starter**  
1 medium red onion  
1 yellow pepper  
Small bunch (20g) fresh coriander  
1 x 15ml spoon ground cumin  
2 x 15ml spoons mango chutney  
3 x 15ml spoons masala curry paste  
500g turkey mince  
2 x 15ml spoons low-fat natural yoghurt

\*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.



## Top Tips

- Wet your hands when you mould the mixture into balls, it will help you mould them into shape.
- Make sure your pepper and onion are chopped as finely as you can. It will help to get the mixture into the ball shape.

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## Method

1. Peel and finely chop the red onion.
2. Wash the yellow pepper, slice in half and remove the seeds and white pith. Chop finely. Finely chop the fresh coriander.
3. Put the chopped onion and pepper into a mixing bowl, together with the cumin, chopped coriander, mango chutney and curry paste.
4. Add the turkey mince and yoghurt to the rest of the mixture and stir really well, trying hard to get it all to stick together.
5. Using your hands, mould the mixture into small balls (about the size of a golf ball). You should make about 24. Wash your hands after touching the raw meat.
6. Leave the balls to chill for 20 minutes in the fridge.
7. Place the turkey balls under a hot grill for 20–30 minutes turning regularly with tongs.

## Something to try next time

- Make your own Cucumber Raita to serve with the Tikka Turkey Balls. The recipe is available on our website.

## Prepare now, eat later

- Prepare the tikka balls up to 24 hours in advance. Cover and store in the fridge until ready to cook.
- Freeze the uncooked tikka balls for up to a month. Defrost thoroughly before grilling.
- Any leftover cooked tikka balls should be cooled quickly. Store in the fridge and eat within 24 hours. Reheat, only once, in a pre-heated oven (180°C/160°F or gas mark 4) for a few minutes until piping hot.

### Skills used include:

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