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# Curry Turkey Kebabs with Tomato Chutney

Yield: 6 Servings

## Ingredients

1 Tbsp olive oil  
1 tsp yellow mustard seeds  
1 tsp fennel seeds  
1 tsp coriander seeds  
1 tsp cumin seeds  
2 Tbsp garlic (minced & divided)  
1/2 cup red onion (diced small)  
1 large yellow, red or green bell pepper (diced small)  
2 cup Kawamata vine ripened tomatoes, chopped (or grape tomatoes, halved)  
2 Tbsp sugar  
2 Tbsp rice wine vinegar  
1 1/2 tsp salt (divided)  
1/2 tsp black pepper (divided)  
2 cup cilantro (roughly chopped & divided)  
non-stick cooking spray  
1 1/2 lb lean ground turkey  
2 Tbsp mild curry powder  
2 tsp Sriracha (optional)  
1 egg  
1 cup panko  
12 hot dog buns

Cooking Time: 45 min

## Instructions

To make chutney, place a medium size sauce pan over medium-high heat and add olive oil, mustard, fennel, coriander and cumin seeds. Toast for 1 to 2 minutes or until the seeds start to pop in the pan. Add 1 tbsp. garlic, red onion, bell pepper, tomatoes, sugar, rice wine vinegar, 1/2 tsp. salt and 1/4 tsp. pepper into the pan. Reduce for about 10 to 12 minutes, until consistency thickens. Remove from heat. Once chutney cools, add 1 cup cilantro, mix well and set aside.

To make the turkey kebabs, preheat oven to 450°. Place ground turkey, 1 tbsp. garlic, curry powder, 1 cup cilantro, Sriracha (optional), egg, panko, 1 tsp. salt and 1/4 tsp. pepper into a large bowl and mix well. Form the meat into 12 hot dog shaped kebabs and place onto a baking sheet, prepped with non-stick cooking spray. Transfer kebabs into the oven and cook for 12 to 14 minutes or until cooked through.

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To assemble, add one kebab into each hot dog bun and top with chutney. Enjoy these delicious turkey kebab sandwiches with a side of salad or fresh fruit for a healthy meal.

**Recipe brought to you by:**

Chef Ryan Covert