



Meatball Curry - Serve with Naan Bread and Sauteed Cabbage
Easy recipe for the young cooks in your family

Ka’Kofta Curry Mix

- 2 teaspoons ground cumin
- 2 teaspoons garam masala
- 1-1/2 teaspoons curry powder
- 1 teaspoon ground coriander
- 1 teaspoon ground ginger
- 1/2 teaspoon paprika
- 1/4 teaspoon ground cinnamon

- Prepare all ingredients in a small bowl or plastic bag; mix well; set aside.

Bandh Gobi (use for the cabbage preparation)

- 1/2 teaspoon mustard seed
- 1/2 teaspoon ground turmeric

- Combine all ingredients in a small bowl or plastic bag, set aside.

Meatballs and Curry Sauce

- 2 Tablespoons avocado oil or as needed
- 1-1/2-pounds ground turkey
- 1 egg

1 medium onion, peeled, chopped, halved
1-1/4 teaspoons salt, divided
1 cup Panko breadcrumbs
1 (15 oz.) can crushed tomatoes
1 cup plain full fat yogurt
1/2 teaspoon granulated sugar
1 cup water
16 ounces shredded coleslaw (with cabbage and carrots)
4 pieces of naan bread or as needed

Directions:

- Prep ingredients and make two spice mixes.

Prepare the Meatballs:

- Lightly grease a baking sheet with avocado oil.
- In a large bowl, combine the ground turkey, egg, 1 teaspoon of Ka'kofta curry mix; half of the onions, 1/2 teaspoon salt, and the breadcrumbs. Using clean hands, gently mix together.
- Form the mixture into 1-1/2-inch meatballs using an ice cream scoop if desired. Place them on the lightly greased baking pan.

Cook the Meatballs and Curry:

- Adjust the top oven rack to about 6 to 10 inches below the broiler. Preheat the broiler to high.
- Broil meatballs until golden brown about 8 to 10 minutes. Watch carefully so they don't burn.
- In a Dutch oven pot, heat 1 Tablespoon avocado oil over medium high heat.
- Add the remaining onion and the remaining Ka'kofta Curry Mix. Stir continuously until fragrant, about 3 to 5 minutes. Add the meatballs, crushed tomatoes, yogurt, sugar, and 1 teaspoon salt and 1 cup water; slowly mix well.
- Lower the heat and let simmer for about 15 minutes. Do not stir.

Cooking the Cabbage:

- In a skillet, heat the remaining 1 Tablespoon oil over medium high heat.
- Add the Banh Gobi spice mix and cover the skillet.
- When the mustard seeds stop popping (about 1 to 2 minutes) add the coleslaw and remaining 1/4 teaspoon of salt. Cover the skillet and cook until the coleslaw is tender; about 5 to 6 minutes.
- Serve meatballs with the sauce, sauteed cabbage with carrots, and warm naan bread.
Yield: serves: 4 to 6

Inspired Recipe from Rowena Scherer, *A Taste of the World* - Celebrating Global Flavors

About the Recipe: Curry meatballs are a dish that blends bold flavors and a comforting texture. They combine tender, savory qualities of seasoned ground turkey with the rich, aromatic depth of curry sauce. In India, this is known as Kofta, which are simmered in a sauce rich with spices and creamy yogurt. Serve them with warm naan bread and sauteed cabbage, a simple nutritious side dish. They form a balanced meal with spicy curry notes and the sweet earthiness of the cabbage.