



STUFFED TURNIPS IN TAMARIND SAUCE

Nutrition Facts per 100 grams of turnip: Calories 175, Protein 5g, Carbs 25g, Fat 6g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 5 min, **Cooking Time:** 90 min



INGREDIENTS

Turnip (1 KG stuffed with
Ground lamb/beef, Rice, Olive
Oil, Spices, Cinnamon, Turmeric)

Garlic
Tamarind and Tomato Sauce
Mix

METHOD

1. Dissolve Sauce in 1 cup hot water
2. Ladle some sauce in a large pot then add the pulp.
3. Arrange the stuffed turnips on top and add the garlic.
4. Add the sauce then add enough water to just cover.
5. Place the pot on medium heat and bring to boil.
6. Cover, reduce heat and simmer for 1 hour or until soft and cooked.
7. Remove lid, simmer for 10-15 minutes more.
8. Carefully transfer turnips to a deep serving dish and add thickened sauce on top, serve immediately.



BON APPETIT