



Cal Smart Spicy Coconut Turkey Curry

with Spinach and Peppers

Calorie Smart

Spicy

Quick

25 Minutes



Ground Turkey



Spicy Curry Paste



Coconut Milk



Indian Spice Mix



Jasmine Rice



Ginger-Garlic Puree



Baby Spinach



Sweet Bell Pepper



Cilantro

HELLO INDIAN SPICE MIX

A warming blend of sweet, aromatic and zesty spices!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, strainer, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Spicy Curry Paste 🍛	2 tbsp	4 tbsp
Coconut Milk	165 ml	400 ml
Indian Spice Mix	1 tbsp	2 tbsp
Jasmine Rice	½ cup	1 cup
Ginger-Garlic Puree	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Sweet Bell Pepper	160 g	320 g
Cilantro	7 g	14 g
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Cook rice

- Add **¾ cup water** and **⅛ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **½ cup rice** (dbl for 4 ppl) until water runs clear.
- Add **rice** to the **boiling water**, then reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove the pot from heat. Set aside, still covered.



Cook curry

- Add **peppers** to the pan with **turkey**. Cook, stirring often, until **turkey** is cooked through and **peppers** are tender-crisp, 3-4 min.**
- Add **coconut milk**, **¼ cup water**, **¼ tsp sugar** (dbl both for 4 ppl) and **curry paste**. Cook, stirring occasionally, until **sauce** thickens slightly, 3-4 min.
- Season with **salt** and **pepper**, if desired.



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Roughly chop **spinach**.
- Roughly chop **cilantro**.



Finish curry

- Add **spinach** to **curry**. Cook, stirring often, until wilted, 1-2 min.
- Remove from heat, then season with **salt** and **pepper**.



Start curry

- Heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **turkey**, **half the Ginger-Garlic Puree** (use all for 4 ppl) and **Indian Spice Mix**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 2-3 min. (**NOTE:** Turkey will finish cooking in step 4.)
- Season with **salt** and **pepper**.



Finish and serve

- Fluff **rice** with a fork, then stir in **half the cilantro**.
- Divide **rice** between bowls. Top with **curry**.
- Sprinkle **remaining cilantro** over top.

Dinner Solved!