



Cal Smart Turkey Patties in Tikka Sauce

with Cilantro Rice

Calorie Smart 30 Minutes



Ground Turkey



Tikka Sauce



Roma Tomato



Baby Spinach



Cream Cheese



Basmati Rice



Cilantro



Lime



Garlic Salt

HELLO TIKKA SAUCE

This South Asian-style sauce is the perfect curry base!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, zester, medium pot, measuring cups, large non-stick pan

Ingredients

| | 2 Person | 4 Person |
|------------------|----------|----------|
| Ground Turkey | 250 g | 500 g |
| Tikka Sauce | ¼ cup | ½ cup |
| Roma Tomato | 80 g | 160 g |
| Baby Spinach | 56 g | 113 g |
| Cream Cheese | 43 g | 86 g |
| Basmati Rice | ¾ cup | 1 ½ cups |
| Cilantro | 7 g | 14 g |
| Lime | ½ | 1 |
| Garlic Salt | 1 tsp | 2 tsp |
| Unsalted Butter* | 1 tbsp | 2 tbsp |
| 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.

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Cook rice

- Add **rice**, **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Cook sauce

- When **patties** are done, with the pan still off heat, stir in **cream cheese**, **half the tikka sauce** (use all for 4 ppl) and **¼ cup water** (dbl for 4 ppl).
- Return the pan to medium. Bring to a simmer, stirring often, to combine.
- Once simmering, stir in **tomatoes**. Simmer, stirring occasionally, until **sauce** thickens slightly, 1-2 min.
- Add **spinach**. Cook, stirring often, until wilted, 1 min.
- Season with **pepper** and **remaining garlic salt**, to taste.



Cook turkey patties

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, thinly slice **cilantro stems**.
- Add **turkey**, **cilantro stems** and **half the garlic salt** to a medium bowl. Season with **pepper**, then combine.
- Form **mixture** into **four ½-inch-thick patties** (8 patties for 4 ppl).
- When the pan is hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **turkey patties**. Pan-fry until cooked through, 3-4 min per side.**
- Remove the pan from heat. Transfer **patties** to a plate.



Finish turkey patties

- Return **turkey patties** to the pan. Gently stir to warm through, 1 min. (**TIP:** If sauce gets too thick, add water, 1 tbsp at a time, until you reach desired consistency.)
- Season with **salt** and **pepper**, to taste.



Prep

- Meanwhile, cut **half the lime** into wedges (whole lime for 4 ppl).
- Roughly chop **cilantro leaves**.
- Roughly chop **spinach**.
- Cut **tomato** into ½-inch pieces.



Finish and serve

- Add **half the cilantro** to the pot with **rice**, then fluff **rice** with a fork. (**TIP:** Add 1 tbsp butter [dbl for 4 ppl], then fluff until melted, if desired.)
- Divide **rice** between plates. Spoon **sauce** over **rice**. Top with **turkey patties**.
- Sprinkle with **remaining cilantro**.
- Squeeze a **lime wedge** over plate, if desired.

Dinner Solved!