



Indian-Style Turkey Curry

with Sweet Potato and Cilantro Rice

Spicy

30 Minutes



Ground Turkey



Basmati Rice



Ginger-Garlic Puree



Roma Tomato



Sweet Potato



Onion, chopped



Indian Spice Mix



Coconut Milk



Cilantro



Soy Sauce



Spicy Curry Paste



Scan the QR code to download our app.

HELLO COCONUT MILK
A delicious dairy alternative!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, medium pot, parchment paper, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Basmati Rice	¾ cup	1 ½ cups
Ginger-Garlic Puree	1 tbsp	2 tbsp
Roma Tomato	160 g	320 g
Sweet Potato	170 g	340 g
Onion, chopped	56 g	113 g
Indian Spice Mix	1 tbsp	2 tbsp
Coconut Milk	165 ml	400 ml
Cilantro	7 g	7 g
Soy Sauce	1 tbsp	2 tbsp
Spicy Curry Paste 🍛	2 tbsp	4 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
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

Call us | (855) 272-7002
HelloFresh.ca

Facebook Instagram Twitter Pinterest @HelloFreshCA



Roast sweet potatoes

- Cut **sweet potato** into ½-inch pieces.
- Add **sweet potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 18-20 min.
- Meanwhile, add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.



Cook veggies

- Reduce heat to medium, then add **tomatoes** to the pan with **turkey**. Cook, stirring occasionally, until tender, 3-4 min.
- Add **curry paste**, **Indian Spice Mix** and **half the ginger-garlic puree** (use all for 4 ppl). Cook, stirring often, until fragrant, 1-2 min.



Prep and cook rice

- Cut **tomatoes** into ½-inch pieces.
- Roughly chop **cilantro**.
- Add **rice** to the **boiling water**. 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 curry

- Add **coconut milk**, **soy sauce** and **¼ cup water** (use same for 4 ppl) to the pan. Bring to a boil over high.
- Once boiling, reduce heat to medium-low. Cook, stirring often, until **curry** thickens slightly, 4-5 min.



Cook turkey

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **turkey** and **onions**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Season with **salt** and **pepper**.



Finish and serve

- Add **roasted sweet potatoes** to **curry**. Cook, stirring often, until combined, 1-2 min. Season with **salt** and **pepper**, to taste.
- Fluff **rice** with a fork, then stir in **half the cilantro** and **1 tbsp butter** (dbl for 4 ppl). Season with **salt**, to taste.
- Divide **rice** between plates. Top with **curry**.
- Sprinkle **remaining cilantro** over top.

Dinner Solved!