



Indian Turkey Curry

with Sweet Potato on Cilantro Rice

30 Minutes



Turkey Breast Portions



Basmati Rice



Ginger



Roma Tomato



Sweet Potato



Onion, chopped



Indian Spice Mix



Coconut Milk



Cilantro



Soy Sauce

HELLO COCONUT MILK

Coconut milk lends creaminess instead of heaviness to this curry!

Start here

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

Bust out

Baking sheet, microplane/zester, measuring spoons, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Basmati Rice	¾ cup	1 ½ cup
Ginger	30 g	60 g
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
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



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 combine. Roast in the **middle** of the oven, stirring halfway through, until tender, 18-20 min. While **potatoes** roast, add **1 ¼ cups water** (dbl for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.



Cook veggies

Heat the same pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **tomatoes**. Cook, stirring occasionally, until tender, 3-4 min. Add **ginger** and **remaining Indian Spice Mix**. Cook, stirring often, until fragrant, 1-2 min.



Prep and cook rice

Cut **tomatoes** into ½-inch pieces. Peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl). Roughly chop **cilantro**. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Start curry

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



Cook turkey

While **rice** cooks, pat **turkey** dry with paper towels. Season with **salt** and **pepper**, then sprinkle with **1 tsp Indian Spice Mix** (dbl for 4 ppl). Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **turkey**. Cook until golden-brown, 1-2 min per side. Transfer **turkey** to the baking sheet with **sweet potatoes**. Bake in the **middle** of the oven, until cooked through, 8-10 min. ** (**NOTE:** For 4 ppl, transfer turkey to a separate baking sheet and bake in the top of the oven.)



Finish and serve

When **sweet potatoes** are done, add them to the **curry**. Cook, stirring often, until combined, 1-2 min. Season with **salt** and **pepper**. Fluff **rice** with a fork, then stir in **half the cilantro** and **1 tbsp butter** (dbl for 4 ppl). Season with **salt**. Thinly slice **turkey**. Divide **rice** between plates and top with **turkey** and **sweet potato curry**. Sprinkle **remaining cilantro** over top.

Dinner Solved!