



Indian Turkey Curry

with Sweet Potato and Cilantro Rice

30 Minutes



Ground Turkey



Basmati Rice



Ginger



Roma Tomato



Sweet Potato



Onion, chopped



Indian Spice Mix



Coconut Milk



Cilantro



Soy Sauce



Mild Curry Paste

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	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
Mild 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

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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 **ginger, curry paste** and **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 **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!