



# Smart Turkey and Mushroom Stew

with Roasted Potatoes and Spinach

Carb Smart

Calorie Smart

Quick

25 Minutes



Ground Turkey



Red Potato



Thyme



Garlic, cloves



Chicken Broth Concentrate



Mirepoix



Baby Spinach



Mushrooms



Gravy Spice Blend



Garlic Salt

HELLO GRAVY SPICE BLEND

*The ideal blend to thicken gravies or sauces and add savoury flavour to any dish!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, measuring cups, large pot

## Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Red Potato	300 g	600 g
Thyme	7 g	7 g
Garlic, cloves	2	4
Chicken Broth Concentrate	2	4
Mirepoix	113 g	227 g
Baby Spinach	56 g	113 g
Mushrooms	227 g	454 g
Gravy Spice Blend	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
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 or email us | (855) 272-7002

hello@hellofresh.ca

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## Prep and roast potatoes

- Strip **1 tbsp thyme leaves** from stems (dbl for 4 ppl), then roughly chop.
- Cut **potatoes** into ½-inch pieces.
- Add **potatoes, half the thyme** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet.
- Season with **half the garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min.



## Cook veggies

- Add **mushrooms** and **mirepoix** to the pot with **turkey**. Cook, stirring occasionally, until softened, 3-4 min.



## Prep remaining ingredients

- Meanwhile, peel, then mince or grate **garlic**.
- Thinly slice **mushrooms**.
- Roughly chop **spinach**.



## Cook stew

- Sprinkle **Gravy Spice Blend** into the pot with **turkey and veggies**, then toss to coat.
- Add **broth concentrate** and **2 cups water** (dbl for 4 ppl). Bring to a boil over high.
- Once boiling, reduce heat to medium-low. Simmer, stirring occasionally, until **stew** thickens slightly, 3-4 min.
- Season with **salt** and **pepper**, to taste.
- Remove from heat.



## Cook turkey

- Heat a large pot over medium heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pot until melted.
- Add **garlic, turkey** and **remaining thyme**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. \*\*
- Season with **remaining garlic salt** and **pepper**.



## Finish and serve

- Add **roasted potatoes** and **spinach** to **stew**. Stir until **spinach** wilts and **potatoes** are incorporated.
- Divide **stew** between bowls.

## Dinner Solved!