



Smart Turkey and Mushroom Stew

with Roasted Potatoes and Spinach

Calorie Smart

Carb Smart

35 Minutes



Ground Turkey



Red Potato



Thyme



Garlic, cloves



Chicken Broth Concentrate



Aromatics Blend



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, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Red Potato	150 g	300 g
Thyme	7 g	7 g
Garlic, cloves	2	4
Chicken Broth Concentrate	2	4
Aromatics Blend	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
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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Prep

- Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems, then roughly chop.
- Cut **potatoes** into ½-inch pieces.
- Peel, then mince or grate **garlic**.
- Thinly slice **mushrooms**.
- Roughly chop **spinach**.



Cook stew

- Add **potatoes** to the pot.
- Sprinkle **Gravy Spice Blend** over **veggies**, then stir to coat.
- Add **broth concentrates, turkey** 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 and **potatoes** are cooked through, 12-14 min.
- Season with **salt** and **pepper**, to taste.
- Remove from heat.



Cook turkey

- Heat a large pot over medium heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **garlic, turkey** and **thyme**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Season with **half the garlic salt** and **pepper**.
- Transfer **turkey** to a medium bowl.



Finish stew and serve

- Add **spinach** to **stew**. Stir until **spinach** wilts, 1-2 min.
- Divide **stew** between bowls.

Dinner Solved!



Start stew

- Add **½ tbsp oil** (dbl for 4 ppl) to the same pot, then **mushrooms** and **aromatics blend**. Cook, stirring occasionally, until softened, 3-4 min.
- Season with **salt** and **pepper**.