



# Smart Turkey and Mushroom Stew

## with Potatoes and Spinach

Carb Smart

Calorie Smart

35 Minutes



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Ground Turkey



Double Ground Turkey



Red Potato



Thyme



Garlic, cloves



Chicken Broth Concentrate



Mirepoix



Baby Spinach



Mushrooms



Gravy Spice Blend



Garlic Salt

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

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.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

## Bust out

Medium bowl, measuring spoons, measuring cups, large pot

## Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Double Ground Turkey	500 g	1000 g
Red Potato	150 g	300 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	½ tsp	1 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.*



### Prep

- Strip **1 tbsp** (2 tbsp) **thyme leaves** 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** (4 cups) **water**. 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** (1 tbsp) **oil**, then **garlic, turkey and thyme**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Season with ½ **tsp** (1 tsp) **garlic salt and pepper**.
- Transfer **turkey** to a medium bowl.

If you've opted for **double ground turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **ground turkey**.



### Finish stew and serve

- Add **spinach** to **stew**. Stir until wilted, 1-2 min.
- Divide **turkey and mushroom stew** between bowls.

## Dinner Solved!



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