



# TURKEY AND COCONUT CURRY

with Zucchini, Peas and Carrots

FAMILY



## HELLO

### MASSAMAN

Referred to as the 'King of Curries,' this rich Thai curry paste is sweet, savoury and spicy

TIME: 35 MIN



Turkey Scallopine



Coconut Milk



Massaman Curry Paste



Green Peas



Zucchini



Carrot



Onion, chopped



Ginger



Green Onions



Basmati Rice



Thai Seasoning

## BUST OUT

- Peeler
- Measuring Spoons
- Medium Pot
- Paper Towels
- Baking Sheet
- Large Non-Stick Pan
- Grater
- Salt and Pepper
- Measuring Cups
- Olive or Canola Oil

## INGREDIENTS

4-person

- Turkey Scallopine 680 g
- Coconut Milk 2 can
- Massaman Curry Paste 9 ¼ cup
- Green Peas 113 g
- Zucchini 200 g
- Carrot 170 g
- Onion, chopped 56 g
- Ginger 30 g
- Green Onions 4
- Basmati Rice 1 ½ cup
- Thai Seasoning 8 1 tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 74°C/165°F.



## START STRONG

Preheat the oven to **425°F** (to finish cooking turkey). Start prepping when the oven comes up to temperature!



**1 PREP**  
Wash and dry all produce.\* In a medium pot, add **2 ½ cups water**. Cover and bring to a boil over high heat. Meanwhile, thinly slice **green onions**. Peel **carrot**. Cut **carrot** and **zucchini** in half, lengthwise, then into ¼-inch thick half-moons. Peel, then finely grate **ginger**.



**4 COOK CURRY**  
While **turkey** cooks, heat the same pan over medium heat. When hot, add **curry paste, ginger, onions** and **carrots**. Cook, stirring often, until toasted, 2-3 min. Add **coconut milk** and **1 cup water**. Bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, stirring occasionally, until **carrots** are almost tender, 7-8 min. Add **zucchini**. Cook, stirring occasionally, until tender, 4-6 min.

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**2 COOK RICE & PREP TURKEY**  
To **boiling water**, add **rice**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min. While **rice** cooks, pat **turkey** dry with paper towels, then sprinkle over **Thai Seasoning**. Season with **salt** and **pepper**.



**5 FINISH CURRY AND RICE**  
To **curry**, add **peas** and any **turkey juices** from the baking sheet. Cook, stirring together, 1 min. Season with **salt** and **pepper**. Fluff **rice** with a fork, then stir in **half the green onions**. Season with **salt**.



**3 COOK TURKEY**  
Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then **turkey**. Pan-fry, until golden-brown, 1-2 min per side. Remove the pan from heat, then transfer **turkey** to a baking sheet. Roast, in **middle** of oven, until cooked through, 8-10 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.\*\*)



**6 FINISH AND SERVE**  
Cut **turkey** into medium-sized chunks. Divide **rice** between bowls. Top with **turkey**. Pour over **coconut curry** and sprinkle over **remaining green onions**.

## PERFECT!

The mild spices add delicious flavour - but not too much heat!