



# Turkey Curry and Crispy Chana Dal with Buttered Cilantro Rice

20 Minutes

Customized Protein **+** Add **↻** Swap or **\*2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

<b>↻</b> Swap	<b>↻</b> Swap
Ground Pork 250 g   500 g	Tofu 1   2



Ground Turkey 250 g   500 g	Dal Spice Blend 1 tbsp   2 tbsp
Tikka Sauce ½ cup   1 cup	Basmati Rice ¾ cup   1 ½ cup
Baby Spinach 56 g   113 g	Mirepoix 113 g   227 g
Chana Dal 56 g   113 g	Cream Cheese 1   2
Cilantro 7 g   14 g	Chicken Stock Powder 1 tbsp   2 tbsp

**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.

1



### Cook rice

- Wash and dry all produce.

- Add **rice**, **stock powder** and **1 ¼ cups** (2 ½ cups) **water** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



### Prep

🔄 Swap | **Ground Pork**

🔄 Swap | **Tofu**

- Meanwhile, heat a large non-stick pan over medium-high heat.
- Strip **leaves** from **cilantro stems**. Thinly slice **stems**, then roughly chop **leaves**, keeping **stems** and **leaves** separate.
- Add **turkey**, **cilantro stems**, **¼ tsp** (½ tsp) **salt** and **2 tsp** (4 tsp) **Dal Spice Blend** to a large bowl. Season with **pepper**, then combine.

3



### Cook veggies and prep spinach

- When the pan is hot, add **mirepoix**, **½ cup** (¾ cup) **water**, then **1 tbsp** (2 tbsp) **butter**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until water evaporates, 4-5 min.
- While **veggies** cook, roughly chop **spinach**.

4



### Cook turkey

- Add **turkey mixture** to the pan with **mirepoix**, then reduce heat to medium. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Sprinkle **remaining Dal Spice Blend** over the pan, then add **tikka sauce** and **cream cheese**.
- Cook, mixing **cream cheese** into **mixture**, until almost combined and **sauce** is fragrant, 30 sec-1 min.

5



### Finish tikka sauce

- Add **1 cup** (1 ½ cups) **water** to the pan. Cook, stirring often, until **sauce** comes to a simmer.
- When simmering, cook, stirring occasionally, until **sauce** thickens slightly, 5-6 min.
- Add **spinach**. Cook, stirring gently, until **spinach** wilts, 1 min. Season with **salt** and **pepper**, to taste.

6



### Finish and serve

- Add **remaining cilantro** and **1 tbsp** (2 tbsp) **butter** to the pot with **rice**. Fluff with a fork until **butter** melts.
- Divide **rice** between bowls. Spoon **turkey and tikka sauce** over top.
- Sprinkle **chana dal** over plates.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 2 | Prep ground pork

🔄 Swap | **Ground Pork**

If you've opted to get **pork**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **turkey**\*\*

## 2 | Prep tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. Prepare and cook it in the same way the recipe instructs you to prepare and cook the **turkey**, until golden-brown all over, 6-7 min.

\*\* Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.