





Cal Smart Turkey Patties in Tikka Sauce with Parsley Rice

Smart Meal 25 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](http://www.hellofresh.ca)



 Ground Chicken 250 g 500 g	 Beyond Meat® 2 4
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 Ground Turkey 250 g 500 g	 Tikka Sauce ¼ cup ½ cup
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 Tomato 1 2	 Baby Spinach 56 g 113 g
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 Cream Cheese 1 2	 Basmati Rice ¾ cup 1 ½ cup
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 Parsley 7 g 14 g	 Lemon 1 1
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 Garlic Salt 1 tsp 2 tsp	
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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.

Pantry items | Pepper, unsalted butter, salt

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot

1



Cook rice

• Before starting, wash and dry all produce.

- Add **rice**, **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **salt** 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



Cook turkey patties

🔄 Swap | **Ground Chicken**

🔄 Swap | **Beyond Meat®**

- Heat a large non-stick pan over medium heat.
- While the pan heats, thinly slice **parsley stems**.
- Add **turkey**, **parsley stems** and **half the garlic salt** to a medium bowl. Season with **pepper**, then combine.
- Form **mixture** into **four ½-inch-thick patties** (8 patties for 4 ppl).
- When the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl until melted.
- Add **turkey patties**. Pan-fry until cooked through, 3-4 min per side.**
- Remove from heat. Transfer **patties** to a plate.

3



Prep

- Meanwhile, cut **half the lemon** (whole lemon for 4 ppl) into wedges.
- Roughly chop **parsley**.
- Roughly chop **spinach**.
- Cut **tomato** into ½-inch pieces.

4



Cook sauce

- When **patties** are done, with the pan still off heat, stir in **cream cheese**, **half the tikka sauce** (use all for 4 ppl) and **¼ cup** (½ cup) **water**.
- Return the pan to medium. Bring to a simmer, stirring often to combine.
- Once simmering, stir in **tomatoes**. Simmer, stirring occasionally, until **sauce** thickens slightly, 1-2 min.
- Add **spinach**. Cook, stirring often, until wilted, 1 min.
- Season with **pepper** and **remaining garlic salt**.

5



Finish turkey patties

- Return **turkey patties** to the pan. Gently stir to warm through, 1 min. (**TIP:** If sauce gets too thick, add water, 1 tbsp at a time, until you reach desired consistency.)
- Season with **salt** and **pepper**.

6



Finish and serve

- Add **half the parsley** to the pot with **rice**, then fluff with a fork. (**TIP:** Add 1 tbsp [2 tbsp] butter, then fluff until melted, if desired.)
- Divide **parsley rice** between plates.
- Spoon **sauce** over **rice**. Top with **turkey patties**.
- Sprinkle with **remaining parsley**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

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

2 | Cook chicken patties

🔄 Swap | **Chicken**

If you've opted to get **chicken**, prep and cook it in the same way the recipe instructs you to prep and cook the **turkey**.**

2 | Cook Beyond Meat® patties

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare and cook it the same way the recipe instructs you to prepare and cook the **turkey**.**

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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