



Indian-Style Ground Turkey Curry

with Sweet Potatoes and Butter Rice

Spicy

25 Minutes



Ground Pork 250 g | 500 g | Tofu 1 | 2 | Ground Beef 250 g | 500 g

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)



Ground Turkey 250 g | 500 g | Basmati Rice ¼ cup | 1 ½ cups

Ginger-Garlic Puree 2 tbsp | 2 tbsp | Tomato 2 | 4

Sweet Potato 1 | 2 | Yellow Onion, chopped 56 g | 113 g

Indian Spice Mix 1 tbsp | 2 tbsp | Coconut Milk 1 | 2

Green Onion 2 | 4 | Soy Sauce 1 tbsp | 2 tbsp

Curry Paste 2 tbsp | 4 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.

Pantry items | Pepper, salt, oil, unsalted butter

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, parchment paper

1



Prep and roast sweet potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Cut **sweet potato** into ½-inch pieces.
- Add **sweet potatoes** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 18-20 min.
- Meanwhile, add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot.
- Cover and bring to a boil over high heat.

2



Prep and cook rice

- Cut **tomatoes** into ½-inch pieces.
- Thinly slice **green onions**.
- Add **rice** to the **boiling water**. Reduce heat to low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.

3



Cook turkey

Swap | **Ground Pork**

Swap | **Tofu**

Swap | **Ground Beef**

- Meanwhile, heat a large non-stick pan over high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **turkey** and **onions**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Season with **salt** and **pepper**.

4



Cook veggies

- Reduce heat to medium, then add **tomatoes** to the pan with **turkey**.
- Cook, stirring occasionally, until tender, 3-4 min.
- Add **curry paste**, **Indian Spice Mix** and **half the ginger-garlic puree** (use all for 4 ppl).
- Cook, stirring often, until fragrant, 1-2 min.

5



Cook curry

- Add **coconut milk**, **soy sauce** and **¼ cup water** (use same for 4 ppl) to the pan. Bring to a boil over high.
- Once boiling, reduce heat to medium-low.
- Cook, stirring often, until **curry** thickens slightly, 4-5 min.

6



Finish and serve

- Add **roasted sweet potatoes** to **curry**. Cook, stirring often, until combined, 1-2 min. Season with **pepper**, to taste.
- Fluff **rice** with a fork, then stir in **half the green onions** and **1 tbsp** (2 tbsp) **butter**.
- Divide **rice** between plates. Top with **curry**.
- Sprinkle **remaining green onions** over top.

Measurements
within steps

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

3 | Cook pork

Swap | **Ground Pork**

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

3 | Cook tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. Heat the pan over medium-high heat. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu** and **onions**. Cook, stirring occasionally, until **tofu** is golden-brown all over, 6-7 min.

3 | Cook beef

Swap | **Ground Beef**

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **turkey**** Carefully discard excess fat, if desired.

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