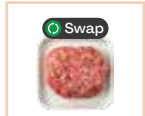




# Indian Turkey Bowls

## with Crispy Chana Dal and Yogurt Sauce

15 Minutes



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



Chana Dal  
28 g | 56 g



Basmati Rice  
¾ cup | 1 ½ cup



Baby Tomatoes  
113 g | 227 g



Yogurt Sauce  
6 tbsp | 12 tbsp



White Wine Vinegar  
1 tbsp | 1 tbsp



Curry Paste  
2 tbsp | 4 tbsp



Cilantro  
7 g | 14 g



Green Peas  
56 g | 113 g

**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** | Unsalted butter, pepper, salt, sugar, oil

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

1



## Cook rice and peas

- Before starting, add **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (¼ tsp) **salt** to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Add **rice** and **peas** to the **boiling water**.
- 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.

4



## Cook turkey

[Swap](#) | [Ground Beef](#)

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **turkey**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Add **curry paste** and **3 tbsp** (½ cup) **water**. Cook, stirring often, until fragrant, 1 min.
- Remove from heat, then season with **salt** and **pepper**. Cover to keep warm.

2



## Prep

- Halve **tomatoes**.

3



## Season tomatoes

- Add **tomatoes**, **half the vinegar** (use all for 4 ppl), **¼ tsp** (½ tsp) **sugar** and **½ tbsp** (1 tbsp) **oil** to a medium bowl.
- Season with **salt** and **pepper**, then stir to coat.

5



## Finish and serve

- Fluff **rice** and **peas** with a fork. Stir in **1 tbsp** (2 tbsp) **butter** until melted.
- Divide **rice** and **peas** between bowls.
- Top with **turkey** and **marinated tomatoes**.
- Drizzle **yogurt sauce** over top, then sprinkle **crispy chana dal** and tear **cilantro** over top.

Measurements  
within steps

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

4 | Cook beef

[Swap](#) | [Ground Beef](#)

If you've opted to get **beef**, omit oil, then add **beef** to the dry pan. Cook **beef** in the same way the recipe instructs you to cook the **turkey**.\*\* Remove and discard excess fat, if desired.

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