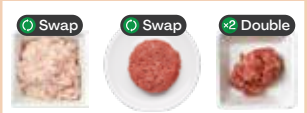




# Cal Smart Turkey Patties in Tikka Sauce

## 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](https://www.hellofresh.ca)

Ground Chicken 250 g | 500 g    Beyond Meat® 2 | 4    Ground Turkey 500 g | 1000 g



Ground Turkey  
250 g | 500 g



Tikka Sauce  
¼ cup | ½ cup



Tomato  
1 | 2



Baby Spinach  
56 g | 113 g



Cream Cheese  
½ | 1



Basmati Rice  
¾ cup | 1 ½ cups



Parsley  
7 g | 14 g



Lemon  
½ | 1



Garlic Salt  
1 tsp | 2 tsp

**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, strainer

1



## Cook rice

- Before starting, wash and dry all produce.

- Add **1 cup** (2 cups) **water** and **1/8 tsp** (1/4 tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until **water** runs clear.
- 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.

4



## Cook sauce

- When **patties** are done, with the pan still off heat, stir in **half the cream cheese** (use all for 4 ppl), **half the tikka sauce** (use all for 4 ppl) and **1/4 cup** (1/2 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**.

♦ 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.

2



## Cook turkey patties

Swap | **Ground Chicken**

Swap | **Ground Chicken**

**2x** Double | **Ground Turkey**

- Meanwhile, heat a large non-stick pan over medium.
- 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 1/2-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.

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**.

3



## Prep

- Meanwhile, cut **half the lemon** (use whole lemon for 4 ppl) into wedges.
- Roughly chop **parsley**.
- Roughly chop **spinach**.
- Cut **tomato** into 1/2-inch pieces.

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 2 | Cook chicken patties

Swap | **Ground Chicken**

If you've opted to get **chicken**, prep and cook 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®**, prep and cook the same way the recipe instructs you to prep and cook the **turkey**\*\*

## 2 | Cook turkey patties

**2x** Double | **Ground Turkey**

If you've opted for **double turkey**, add an extra **1/4 tsp** (1/2 tsp) **salt** to the **turkey mixture**. Form **mixture** into **eight 1/2-inch-thick patties** (16 patties for 4 ppl). Cook **patties** in the same way the recipe instructs you to cook the **regular portion of turkey**. Don't overcrowd the pan. Pan-fry **patties** in batches, if needed.