



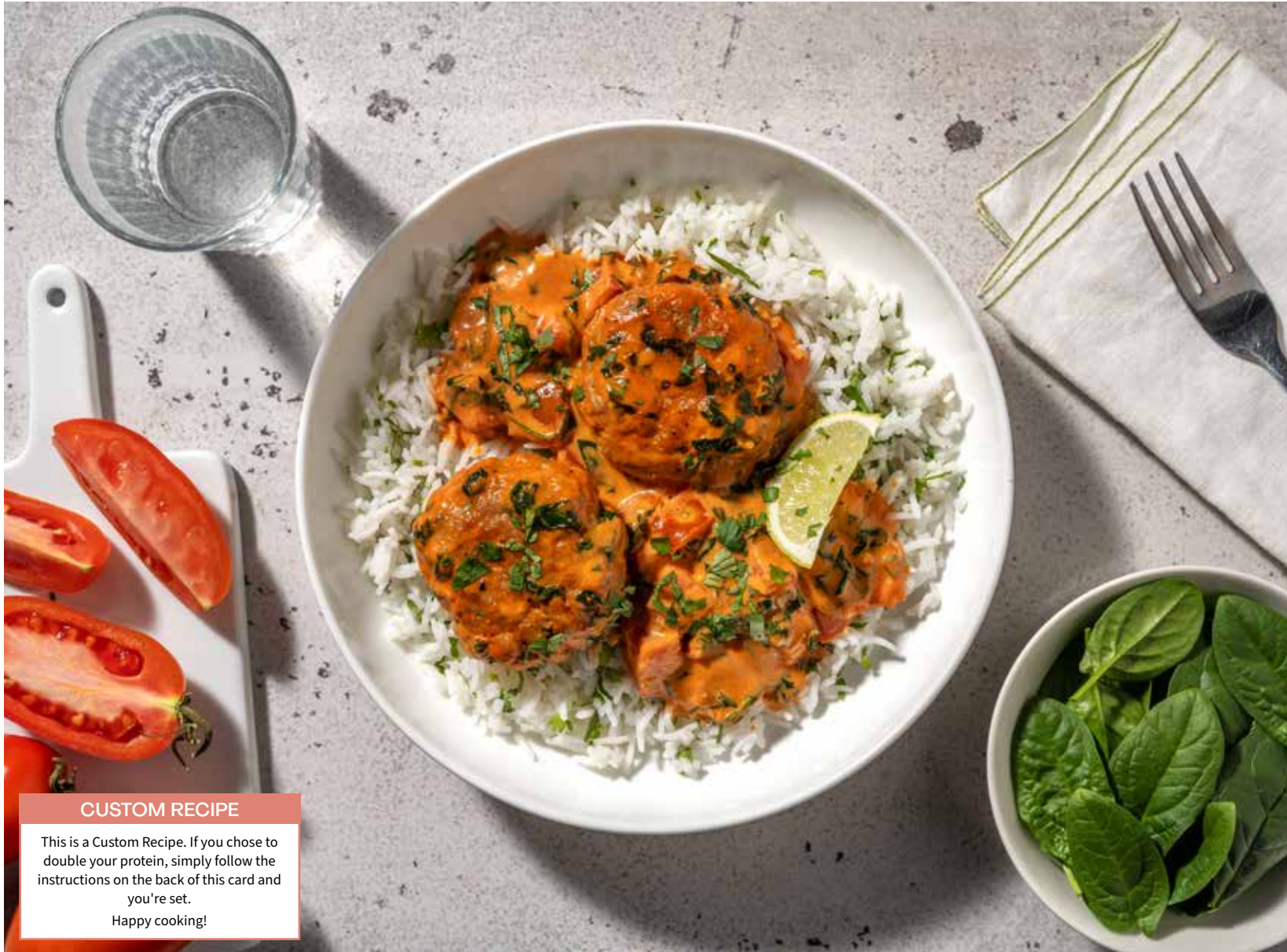
Cal Smart Turkey Patties in Tikka Sauce with Cilantro Rice

Calorie Smart

30 Minutes



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- Ground Turkey
- Double Ground Turkey
- Tikka Sauce
- Tomato
- Baby Spinach
- Cream Cheese
- Basmati Rice
- Cilantro
- Lime
- Garlic Salt

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO TIKKA SAUCE

This South Asian-style sauce is the perfect curry base!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person), **(2 tbsp)** (4 person), **oil** (Ingredient)

Bust out

Medium bowl, measuring spoons, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Double Ground Turkey	500 g	1000 g
Tikka Sauce	¼ cup	½ cup
Tomato	1	2
Baby Spinach	56 g	113 g
Cream Cheese	1	2
Basmati Rice	¾ cup	1 ½ cups
Cilantro	7 g	14 g
Lime	½	1
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Salt and Pepper*		

* Pantry items

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

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

- 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

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, thinly slice **cilantro stems**.
- Add **turkey**, **cilantro 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 the pan until melted.
- Add **turkey patties**. Pan-fry until cooked through, 3-4 min per side.**
- Remove from heat. Transfer **patties** to a plate.

If you've opted for **double turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **turkey**. Work in batches, if necessary.

3



Prep

- Meanwhile, cut **half the lime** into wedges (whole lime for 4 ppl).
- Roughly chop **cilantro leaves**.
- 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**, to taste.

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**, to taste.

6



Finish and serve

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



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Dinner Solved!