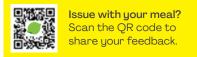


Cal Smart Turkey Patties in Tikka Sauce

with Cilantro Rice

Calorie Smart

30 Minutes









Ground Turkey





Tikka Sauce

Roma Tomato









Lime

Cream Cheese

Basmati Rice





Cilantro





Garlic Salt



Start here

Before starting, wash and dry all produce.

Measurements, 1 tbsp., (2 tbsp), within steps

Bust out

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

Ingredients

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	2 Person	4 Person
Ground Turkey	250 g	500 g
Tikka Sauce	1/4 cup	½ cup
Roma Tomato	80 g	160 g
Baby Spinach	56 g	113 g
Cream Cheese	43 g	86 g
Basmati Rice	¾ cup	1 ½ cups
Cilantro	7 g	14 g
Lime	1/2	1
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Calkand Danasas*		

Salt and Pepper¹

- * 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.



Cook rice

- Add rice, 1 1/4 cups (2 1/2 cups) water and 1/4 tsp (1/2 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 the pot from heat. Set aside, still covered.



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 the pan from heat. Transfer patties to a plate.



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.



- When patties are done, with the pan still off heat, stir in cream cheese, 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,
- Season with pepper and remaining garlic salt, to taste.



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.



Finish and serve

- Add half the cilantro to the pot with rice, then fluff rice 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 plate, if desired.



