



# Indian-Style Ground Turkey Curry

## with Sweet Potatoes and Basmati Rice

25 Minutes

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












↻ 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 Pork 250 g   500 g	 Tofu 1   2
 Ground Turkey 250 g   500 g	 Basmati Rice ¾ cup   1 ½ cup
 Ginger-Garlic Puree 1 tbsp   2 tbsp	 Tomato 2   4
 Sweet Potato 1   2	 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** | Unsalted butter\*, oil\*, salt\*, pepper\*

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

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**

- Meanwhile, heat a large non-stick pan over high heat.
- When 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 **red 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. Cook it in the same way the recipe instructs you to cook the **turkey**, until golden, 6-7 min.

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



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