



# Turkey Curry and Crispy Chana Dal

with Buttered Cilantro Rice

Quick

20 Minutes



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Ground Turkey



Tofu



Dal Spice Blend



Tikka Sauce



Basmati Rice



Baby Spinach



Mirepoix



Chana Dal



Cream Cheese



Cilantro



Chicken Stock Powder

### CUSTOM RECIPE

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

### HELLO CRISPY CHANA DAL

*These spiced split lentils do double duty to provide crunch and flavour!*

## Start here

- Wash and dry all produce.

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

## Bust out

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

## Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Tofu	1	2
Dal Spice Blend	1 tbsp	2 tbsp
Tikka Sauce	½ cup	1 cup
Basmati Rice	¾ cup	1 ½ cup
Baby Spinach	56 g	113 g
Mirepoix	113 g	227 g
Chana Dal	28 g	56 g
Cream Cheese	1	2
Cilantro	7 g	14 g
Chicken Stock Powder	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 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.



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1



### Cook rice

- Add **rice**, **stock powder** and **1 ¼ cups** (2 ½ cups) **water** 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.

4



### Cook turkey

- Add **turkey mixture** to the pan with **mirepoix**, then reduce heat to medium. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Sprinkle **remaining Dal Spice Blend** over the pan, then add **Tikka Sauce** and **cream cheese**.
- Cook, mixing **cream cheese** into **mixture**, until almost combined and **sauce** is fragrant, 30 sec-1 min.

Add **tofu mixture** to the pan with **mirepoix**, then reduce heat to medium. Cook, stirring often, until **tofu** is golden-brown all over, 6-7 min. Follow the rest of the recipe as written.

2



### Prep

- Meanwhile, heat a large non-stick pan over medium-high heat.
- Strip **leaves** from **cilantro stems**. Thinly slice **stems**, then roughly chop **leaves**, keeping **stems** and **leaves** separate.
- Add **turkey**, **cilantro stems**, **¼ tsp** (½ tsp) **salt** and **2 tsp** (4 tsp) **Dal Spice Blend** to a large bowl. Season with **pepper**, then combine.

If you've opted to get **tofu**, pat dry with paper towels, then crumble into pea-sized pieces. Add **tofu**, **cilantro stems**, **¼ tsp** (½ tsp) **salt** and **2 tsp** (4 tsp) **Dal Spice Blend** to a large bowl. Season with **pepper**, then combine.

5



### Finish tikka sauce

- Add **1 cup** (1 ½ cups) **water** to the pan. Cook, stirring often, until **sauce** comes to a simmer.
- When simmering, cook, stirring occasionally, until **sauce** thickens slightly and **carrots** are tender, 5-6 min.
- Add **spinach**. Cook, stirring gently, until **spinach** wilts, 1 min. Season with **salt** and **pepper**, to taste.

3



### Cook veggies and prep spinach

- When the pan is hot, add **mirepoix**, **⅓ cup** (⅔ cup) **water**, then **1 tbsp** (2 tbsp) **butter**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until **water** evaporates, 4-5 min.
- While **veggies** cook, roughly chop **spinach**.

6



### Finish and serve

- Add **remaining cilantro** and **1 tbsp** (2 tbsp) **butter** to the pot with **rice**. Fluff with a fork until **butter** melts.
- Divide **rice** between bowls. Spoon **turkey** and **tikka sauce** over top.
- Sprinkle **chana dal** over plates.

Dinner Solved!