

Turkey Curry and Crispy Chana Dal

with Buttered Cilantro Rice

20-min





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🚫 Swap

2 Double

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250g | 500g







1 | 2

250 g | 500 g



1 tbsp | 2 tbsp



Tikka Sauce



½ cup | 1 cup





Baby Spinach



56 g | 113 g





Chana Dal



28 g | 56 g

1 | 2



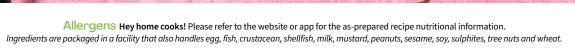
Cilantro



Powder

7 g | 14 g

1 tbsp | 2 tbsp



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



Cook rice

- Wash and dry all produce.
- Add rice, stock powder and
 1 ½ 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.



Prep

Swap | Ground Pork

🗘 Swap | Tofu

- 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,
 ½ tsp (½ tsp) salt and 2 tsp (4 tsp) Dal Spice
 Blend to a large bowl. Season with pepper,
 then combine.



Cook veggies and prep spinach

- When the pan is hot, add mirepoix,
 '3 cup ('3 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.



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, stirring cream cheese into mixture, until almost combined and sauce is fragrant, 30 sec-1 min.



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, 5-6 min.
- Add spinach. Cook, stirring gently, until spinach wilts, 1 min. Season with salt and pepper, to taste.



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.

Measurements within steps

1 tbsp (2 tbsp)

p) **oil**

2 | Prep pork

Swap | Ground Pork

If you've opted to get **pork**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **turkey**.**

2 | Prep tofu

O Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. Prepare and cook it in the same way the recipe instructs you to prepare and cook the **turkey**, until golden-brown all over, 6-7 min.

