



Turkey Curry and Crispy Chana Dal

with Buttered Cilantro Rice

Quick

25 Minutes



Ground Turkey



Dal Spice Blend



Tikka Sauce



Basmati Rice



Baby Spinach



Carrot, chopped



Chana Dal



Cream Cheese



Cilantro



Chicken Stock Powder

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
Dal Spice Blend	1 tbsp	2 tbsp
Tikka Sauce	½ cup	1 cup
Basmati Rice	¾ cup	1 ½ cups
Baby Spinach	56 g	113 g
Carrot, chopped	113 g	227 g
Chana Dal	28 g	56 g
Cream Cheese	43 g	86 g
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 **carrots**, 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.

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.

5



Finish tikka sauce

- Add **1 cup** (1 ½ cups) **water** to the pan. Cook, stirring often, until **sauce** comes to a simmer.
- Simmer, stirring occasionally, until **sauce** thickens slightly and **carrots** are tender, 3-4 min.
- Add **spinach**. Cook, stirring gently, until **spinach** wilts, 1 min. Season with **salt** and **pepper**, to taste.

3



Cook carrots and prep spinach

- When the pan is hot, add **carrots**, **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 **carrots** 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 plate.

Dinner Solved!