



SPICY COCONUT TURKEY CURRY SOUP

with Tomato, Carrot, Zucchini, Scallions & Cilantro

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



1 | 2
Tomato



3 oz | 6 oz
Carrot



1 | 2
Zucchini



1 tsp | 2 tsp
Garlic Powder



1 tsp | 2 tsp
Garam Masala



1 TBSP | 2 TBSP
Curry Powder



10 oz | 20 oz
Ground Turkey



¼ oz | ½ oz
Cilantro



1 TBSP | 2 TBSP
Cornstarch



1 | 1
Coconut Milk
Contains: Tree Nuts



2 | 4
Veggie Stock
Concentrates



1 tsp | 2 tsp
Chili Flakes



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THERE TOO. SCAN HERE TO GET HELP!



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10 oz | 20 oz
Shrimp
Contains: Shellfish
Calories: 340



10 oz | 20 oz
Chopped Chicken
Breast
Calories: 390



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 430



HELLO

GARAM MASALA

A warming, mildly spicy blend of cumin, coriander, cardamom, cinnamon, ginger, and black pepper

IM-PRESSED

In Step 2, press the turkey into an even layer in the pan and give it a few undisturbed minutes to brown before breaking it up for extra-rich flavor.

BUST OUT

- Peeler
- Whisk
- Medium pot
- Paper towels
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Sugar (½ tsp | 1 tsp)

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*Ground Turkey is fully cooked when internal temperature reaches 165°.

*Shrimp are fully cooked when internal temperature reaches 145°.

*Chicken is fully cooked when internal temperature reaches 165°.



1 START PREP

- Wash and dry produce.
- Trim and slice **scallions**, separating whites from greens. Dice **tomato** into ½-inch pieces. Trim, peel, and dice **carrot** into ¼-inch pieces. Trim and quarter **zucchini** lengthwise; cut crosswise into ¼-inch-thick pieces.



4 COOK ZUCCHINI

- Once turkey is done, stir in **zucchini**, **stock concentrates**, **half the cilantro**, **1¼ cups water**, **½ tsp sugar**, and as many **chili flakes** as you like (**2½ cups water and 1 tsp sugar for 4 servings**).
- Bring to a boil, then cover and reduce heat to a low simmer. Cook, stirring occasionally, until zucchini is tender, 5-6 minutes.



2 START SOUP

- Heat a **drizzle of oil** in a medium pot over medium-high heat. Add **scallion whites**, **tomato**, **carrot**, **garlic powder**, **garam masala**, and **curry powder**. Cook, stirring, until fragrant, about 30-60 seconds.
- Add **turkey***, a **large pinch of salt**, and **pepper**; cook, breaking up meat into pieces, until turkey is browned and cooked through, 5-6 minutes.
- Rinse **shrimp*** under cold water; pat dry with paper towels. Open package of **chicken*** and drain off any excess liquid. Swap in shrimp or chicken for turkey; cook, stirring occasionally (**no need to break up into pieces!**), until opaque and cooked through, 4-6 minutes. Transfer to a plate.



5 FINISH SOUP

- Increase heat to high and bring **soup** to a boil. Slowly drizzle in **cornstarch mixture**; cook, stirring constantly, until soup has thickened, 1-2 minutes.
- Taste and season with **salt** and **pepper** if desired.
- Once soup has thickened, stir in **shrimp** or **chicken**.



3 FINISH PREP

- Meanwhile, finely chop **cilantro**.
- In a small bowl, whisk together **cornstarch** and **half the coconut milk (all for 4 servings)** until dissolved.



6 SERVE

- Divide **soup** between bowls; sprinkle with **scallion greens** and **remaining cilantro**. Serve.