



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



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Shrimp
Contains: Shellfish
Calories: 320



10 oz | 20 oz
Chopped Chicken
Breast
Calories: 390



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 460



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 (1/2 tsp | 1 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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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 1/2-inch pieces. Trim, peel, and dice **carrot** into 1/4-inch pieces. Trim and quarter **zucchini** lengthwise; cut crosswise into 1/4-inch-thick pieces.



4 COOK ZUCCHINI

- Once turkey is done, stir in **zucchini, stock concentrates, half the cilantro, 1 1/4 cups water, 1/2 tsp sugar**, and as many **chili flakes** as you like (**2 1/2 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.