



Indian Turkey Curry

with Roasted Squash on Cilantro Rice

PRONTO 30 Minutes



Turkey Strips



Basmati Rice



Ginger



Cilantro



Roma Tomato



Butternut Squash, cubes



Onion, chopped



Indian Spice Mix



Coconut Milk



Soy Sauce

HELLO COCONUT MILK

Coconut milk lends creaminess instead of heaviness to this curry!

START HERE

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking Sheet, Large Non-Stick Pan, Paper Towels, Parchment Paper, Medium Pot, Microplane/Zester, Measuring Cups & Spoons

Ingredients

	2 Person	4 Person
Turkey Strips	340 g	680 g
Basmati Rice	¾ cup	1 ½ cup
Ginger	30 g	60 g
Cilantro	7 g	14 g
Roma Tomato	160 g	320 g
Butternut Squash, cubes	170 g	340 g
Onion, chopped	56 g	113 g
Indian Spice Mix	1 tbsp	2 tbsp
Coconut Milk	160 ml	330 ml
Soy Sauce	1 tbsp	2 tbsp
Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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. ROAST SQUASH

Toss **squash** with **1 tbsp oil** (dbl for 4ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in **middle** of oven, stirring halfway through, until tender, 18-20 min. Add **1 ¼ cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil over high heat.



4. COOK VEGGIES

Heat the same pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **tomatoes**. Cook, stirring occasionally, until tender, 3-4 min. Add **ginger** and **Indian Spice Mix**. Cook, stirring often, until fragrant, 1-2 min.



2. PREP & COOK RICE

While **squash** roasts, cut **tomatoes** into ½-inch pieces. Peel, then mince or grate **1 tbsp ginger** (dbl for 4ppl). Roughly chop **cilantro**. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



5. START CURRY

Add **coconut milk**, **soy sauce** and **½ cup water** (dbl for 4ppl) to the same pan. Bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cook, stirring often, until **curry** thickens slightly, 4-5 min.



3. COOK TURKEY

While **rice** cooks, pat **turkey** dry with paper towels and cut any **large strips** in half. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4ppl) then **turkey**. Cook, stirring occasionally, until browned, 4-6 min. ** Remove pan from the heat then transfer **turkey** to a plate.



6. FINISH & SERVE

When **squash** is done, stir **squash** and **turkey** into **coconut mixture**. Cook, stirring often, until heated through, 1-2 min. Season with **salt** and **pepper**. Fluff **rice** with a fork, then stir in **half the cilantro** and **1 tbsp butter** (dbl for 4 ppl). Season with **salt**. Divide **rice** between plates and top with **turkey and squash curry**. Sprinkle over **remaining cilantro**.

Dinner Solved!