

# **CREAMY TURKEY MASALA**

with Veggie-Packed Rice





### **HELLO GARAM MASALA**

This popular seasoning literally means 'hot mixture of spices'.







Ginger





**Green Beans** 





Coriander



**Turkey Steak** 



Chicken Stock Pot



Basmati Rice





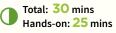
**Mustard Seeds** 



Tomato Passata



Double Cream



Little heat





Move aside take-away curry temptations, step in Mimi's masala. Mimi's given everyone's favourite curry recipe a flavour twist, using super-lean turkey steaks instead of chicken to add a depth of flavour that works perfectly with the creamy, tomato-rich sauce. Bursting with fresh flavours, ready in 30 minutes, and containing 4 of your 5 a day, we're pretty sure this curry is about to become a household favourite.



## **BEFORE YOU** STAR

Our fruit and veggies need a little wash before you use them! Make sure you've got a Large Saucepan, Fine Grater (or Garlic Press), Coarse Grater, Sieve, and Frying Pan. Now, let's get cooking!



## PREP TIME!

Put a large saucepan of water on to boil. Halve, peel and chop the **onion** into ½cm pieces. Peel and grate the ginger and garlic (or use a garlic press). Cut the stalky tops off the green beans and chop them into four pieces. Cut the top off the carrot, then grate on the coarse side of your grater. Roughly chop the coriander (stalks and all). On a separate board, chop the turkey steak into roughly 2cm chunks.



## **COOK THE RICE** Stir half the chicken stock pot into the pan of boiling water, and then add the basmati rice. Boil for 10 mins (without a lid),

then drain into a sieve (we will stir-fry it later).



## **START THE CURRY** Meanwhile, heat a drizzle of oil in a frying pan on medium-high heat. Once the oil is hot, add the turkey. Season with a pinch of salt and black pepper and cook until browned, 4-5 mins. Add the **onion**, stir and cook until softened and slightly golden, 5-6 mins,

then add the ginger, garam masala, half

together and cook for 1 minute.

the mustard seeds and half the garlic. Stir

#### **NUTRITION PER SERVING** 686 Energy (kcal)

113 (kJ) 2890 476 21 3 Fat (g) 13 Sat. Fat (g) 2 84 Carbohydrate (g) 14 23 Sugars (g) 4 41 Protein (g)

3

**INGREDIENTS** 

2 knobs

2 packs

4 2

300g

1 tbsp

4 tsp

1 pot

2 cartons

**PER 100G** 

1 large bunch

#### **ALLERGENS**

Salt (g)

Onion, chopped Ginger, grated

Carrot, grated Coriander, chopped

Garlic Clove, grated Green Beans, chopped

Turkey Steak, chopped

Chicken Stock Pot Basmati Rice

Mustard Seeds 10)

Tomato Passata

Double Cream 7)

\*Not Included

Garam Masala

7)Milk 10)Mustard

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract



## SIMMER THE CURRY

Pour the **tomato passata** into your pan with the **turkey** and then refill the carton(s) half with water and pour that in too. Stir in and dissolve the remaining chicken stock pot. Bring the mixture to the boil and then turn down the heat to medium and simmer until thickened, 10-15 mins.



### FINISH THE RICE

Once the **rice** is drained, give your saucepan a quick wash and then pop onto medium heat with a drizzle of oil. Add the green beans and cook until softened and slightly browned, 5-6 mins. Add the remaining mustard seeds and garlic to the pan. Stir and cook for 1 minute then add the rice and carrot. Stir together and heat until piping hot, 1-2 mins. Remove from the heat.



## **FINISH AND SERVE**

When the **curry** is cooked, add the **double cream** and bring the mixture back to the boil. Taste and add salt and black pepper if you feel it needs it. Serve the veggie-packed rice on one side of your bowl and the **curry** on the other side. Sprinkle over the **coriander** . Enjoy!

#### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:









