



GRILLED TURKEY STEAK

with Chilli Beans



NUTRITIONIST APPROVED



HELLO BEANS

xxx



Lime



Vine Tomato



Green Pepper



Yellow Pepper



Spring Onion



Coriander



Mixed Beans



Ground Cumin



Ground Coriander



Smoked Paprika



Turkey Steak



Chilli Flakes



Steamed Brown Basmati Rice

MEAL BAG

20 mins

Balanced

3 of your 5 a day

Under 550 calories

Little heat

Low in salt

GET PREPARED!

Preheat your Grill to High.

17

BEFORE YOU START

Preheat your Grill to **High**. Wash the veggies. Make sure you've got a **Fine Grater, Sieve, Mixing Bowl**, some **Foil**, a **Baking Tray**, **Large Saucepan** and **Measuring Jug**. Let's start cooking the **Grilled Turkey Steak with Chilli Beans**.



1 PREP THE VEGGIES

- Zest the **lime** then chop into wedges. Roughly chop the **vine tomato**. Halve the **peppers** and discard the cores and seeds. Chop into small pieces. Trim the **spring onion** and finely slice.
- Roughly chop the **coriander** (stalks and all). Drain and rinse the **mixed beans** in a sieve.



2 NOW THE TURKEY

- Pop the **lime zest**, **half the ground cumin**, **half the ground coriander** and **half the smoked paprika** in a mixing bowl with a squeeze of **lime juice** and a pinch of **salt**. Add the **turkey steaks** and coat well using your hands. Pop the **steaks** on a foil-lined tray and grill, 10-12 mins. Turn halfway through. **IMPORTANT:** The turkey is cooked when no longer pink in the middle.



3 START THE CHILLI

- Heat a drizzle of **oil** in a large saucepan on medium heat.
- Add the **tomato**, **peppers**, remaining **ground cumin**, **ground coriander** and **smoked paprika**, **half the spring onion** and a pinch of **chilli flakes**.
- Cook, stirring occasionally, until the **peppers** start to soften, 4-5 mins.



4 SIMMER THE CHILLI

- Pour in the **water** (see ingredients for amount) and stir in the **mixed beans**.
- Bring to the boil then reduce the heat and simmer until tck and tomatoey, 6-8 mins.



5 COOK THE RICE

- Meanwhile, cook the **rice** according to pack instructions.



6 SERVE

- When the **turkey steaks** are cooked, transfer to a board and cut into 4 slices. Stir any **turkey juices** into the **chilli beans**. Season to taste with **salt** and **pepper** if needed and stir through **half the coriander**.
- Serve the **rice** in bowls, topped with the **chilli beans** and **turkey**. Finish with a sprinkling of remaining **coriander**, **spring onion**, **chilli flakes** (if liked) and **lime wedges**. **Enjoy!**

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Lime *	1	1½	2
Vine Tomato	2	3	4
Green Pepper *	1	2	2
Yellow Pepper *	1	1	2
Spring Onion *	1	2	3
Coriander *	1 bunch	1 bunch	1 bunch
Mixed Beans	1 carton	1½ cartons	2 cartons
Ground Cumin	1 small pot	¾ large pot	1 large pot
Ground Coriander	1 small pot	¾ large pot	1 large pot
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Turkey Steak *	2	3	4
Chilli Flakes	a pinch	a pinch	a pinch
Water*	100ml	150ml	200ml
Steamed Brown Basmati Rice	1 pack	1½ packs	2 packs

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 653G	PER 100G
Energy (kJ/kcal)	1975 / 472	303 / 72
Fat (g)	6	1
Sat. Fat (g)	2	1
Carbohydrate (g)	47	7
Sugars (g)	10	1
Protein (g)	53	8
Salt (g)	0.03	0.01

Nutrition for uncooked ingredients based on 2 person recipe.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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