



# TURKEY CURRY

with Coconut and Quinoa



NUTRITIONIST APPROVED



## HELLO CARROT

Carrots are a rich source of vitamin A, which promotes good vision.



Turkey Steak



Pasanda Spice Blend



Chicken Stock Powder



Coriander



Coconut Milk Powder



Baby Spinach



Quinoa



Lime



Echalion Shallot



Carrot



Garlic Clove

MEAL BAG

Hands on: **15** mins  
Total: **30** mins

**2** of your  
**5** a day

Medium heat

Balanced

Under  
**550** calories

High Protein

Super lean and packed with protein, turkey is a great addition to this deliciously healthy curry. Turkey, carrots and shallots are seasoned with our delicious passanda spice blend and combined in a light coconutty sauce. Served with quinoa (rich in protein to keep you feeling full) and topped with fresh coriander, this is the perfect recipe for your next curry night at home.

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## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Fine Grater**, **Large Frying Pan**, **Sieve** and **Measuring Jug**. Now, let's get cooking!



### 1 PREP TIME!

Bring a large saucepan of water to the boil over high heat. Halve, peel and thinly slice the **shallot**. Trim the **carrot**, then halve lengthways (no need to peel). Thinly slice widthways. Peel and grate the **garlic** (or use a garlic press). Zest then halve the **lime**. Roughly chop the **coriander** (stalks and all). Chop the **turkey** into 2cm chunks. **! IMPORTANT:** Remember to wash your hands after handling raw meat!



### 2 START THE CURRY

Heat a drizzle of **oil** in a large frying pan over medium-high heat. Add the **turkey**, **shallot** and **carrot**. Stir-fry until the **turkey** has browned and the **veggies** have started to soften, 4-5 mins. Add the **pasanda spice blend** and **garlic** and cook for 1 minute more. **★ TIP:** Add less pasanda if you don't like it too spicy.



### 3 COOK THE QUINOA

Meanwhile, when the **water** comes to the boil, stir in the **quinoa** and bring back to the boil. Lower the heat and simmer until the **quinoa** has doubled in size and the **seed** has visibly split, 12-15 mins. Drain into a sieve and return to the pan, off the heat. Cover with a lid and set aside.



### 4 SIMMER THE CURRY

Add the **water** (see ingredients for amount) to the **curry** and bring to the boil. Stir in the **stock powder** and **coconut milk powder**. Make sure you stir out any lumps and simmer until the **turkey** is cooked through, the **carrots** are soft and the **sauce** has thickened, another 5-6 mins. **! IMPORTANT:** The turkey is cooked when it is no longer pink in the middle.



### 5 FINISH OFF

When the **quinoa** is cooked and drained, season to taste with **salt** and **pepper** and stir in **half** the **lime zest** and **half** the **coriander**. Stir the **spinach** into the **curry** a handful at a time to wilt it, then stir in the remaining **lime zest**. Finish with a squeeze of **lime juice** and get ready to serve.



### 6 SERVE

Share the **quinoa** between your bowls and top with the **turkey curry**. Finish with a sprinkling of the remaining **coriander**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Turkey Steak *	2	3	4
Pasanda Spice Blend	1 pot	1½ pots	2 pots
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Coriander *	1 bunch	1 bunch	1 bunch
Coconut Milk Powder	½ pot	¾ pot	1 pot
Baby Spinach *	1 small bag	¾ large bag	1 large bag
Quinoa	120g	180g	240g
Lime *	½	¾	1
Echalion Shallot *	1	1	2
Carrot *	1	2	2
Garlic Clove *	1	1	2
Water*	100ml	150ml	200ml

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 36G	PER 100G
Energy (kJ/kcal)	2232 / 534	616 / 147
Fat (g)	15	4
Sat. Fat (g)	9	4
Carbohydrate (g)	46	13
Sugars (g)	14	4
Protein (g)	53	15
Salt (g)	0.63	0.17

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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