



ONE-POT THAI COCONUT CURRY TURKEY SOUP

with Sweet Potato, Cauliflower Rice & Bell Pepper

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Ground Turkey



3 | 6
Chicken Stock Concentrates



1 Clove | 2 Cloves
Garlic



1 | 1
Onion



1 | 2
Sweet Potato



1 TBSP | 2 TBSP
Curry Powder



1 | 2
Coconut Milk
Contains: Tree Nuts



1 | 2
Bell Pepper*



1 | 1
Lime



1 oz | 2 oz
Sweet Thai Chili Sauce



1 Thumb | 2 Thumbs
Ginger



1 TBSP | 2 TBSP
Cornstarch



6 oz | 12 oz
Cauliflower Rice



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

*The ingredient you received may be a different color.



HelloCustom

2 PERSON | 4 PERSON

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



10 oz | 20 oz
Diced Chicken Thighs

Calories: 650



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 690



HELLO

CURRY POWDER

This fragrant blend of 10 spices adds rich aroma and flavor to creamy coconut soup.

SO A-PEELING

To peel ginger, break out your spoon! Using the spoon's tip, apply pressure in a downward motion, carving away the skin.

BUST OUT

- Zester
- Large pot
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Sugar (1 TBSP | 2 TBSP)

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1 PREP & MIX SLURRY

- Wash and dry produce.
- Core, deseed, and dice **bell pepper** into ½-inch pieces. Peel **sweet potato** if desired, then dice into ½-inch pieces. Peel and grate or mince **garlic** and **ginger**. Halve, peel, and finely dice **half the onion (whole onion for 4 servings)**. Zest and quarter **lime**.
- In a small bowl, combine **cornstarch** with **1 TBSP water (2 TBSP for 4)**. Set aside.



4 COOK TURKEY

- Add **turkey*** to pot with **aromatics**. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Season with **curry powder**, **¼ tsp salt (½ tsp for 4 servings)**, and **pepper**.

↻ Swap in **chicken*** for turkey. (No need to break up meat into pieces!)



2 COOK VEGGIES

- Heat a **drizzle of oil** in a large pot over medium-high heat. Add **bell pepper** and **sweet potato**; season with **¼ tsp salt (½ tsp for 4 servings)** and **pepper**. Cook, stirring occasionally, until lightly browned, 4-6 minutes.
- Stir in **cauliflower rice** until incorporated. Transfer to a plate.



5 FINISH SOUP

- Thoroughly shake **coconut milk** in container before opening.
- Transfer **veggies** to pot with **turkey mixture**. (TIP: If **cornstarch in mixture has settled, give it another stir now.**) Stir in **stock concentrates, cornstarch mixture, coconut milk, chili sauce, 1½ cups water (3 cups for 4 servings)**, and **1 TBSP sugar (2 TBSP for 4)**. Bring to a boil, then reduce to a low simmer. Cook until flavors meld and sweet potato is tender, 4-5 minutes. TIP: If **soup seems too thick, add more water a splash at a time as needed.**



3 COOK AROMATICS

- Heat a **drizzle of oil** in same pot over medium-high heat. Add **garlic, ginger, and onion**. Cook, stirring, until fragrant, 1-2 minutes.



6 FINISH & SERVE

- Stir **juice from two lime wedges (four wedges for 4 servings)** into **soup**. Season with **salt** and **pepper** to taste.
- Divide between bowls. Garnish with **lime zest** to taste. Serve with any **remaining lime wedges** on the side.

*Ground Turkey is fully cooked when internal temperature reaches 165°.

↻ *Chicken is fully cooked when internal temperature reaches 165°.