



ONE-POT THAI COCONUT CURRY TURKEY SOUP

with Sweet Potato, Bell Pepper, Ginger & Garlic

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Ground Turkey



3 | 6
Chicken Stock
Concentrates



1 Clove | 2 Cloves
Garlic



2 | 2
Scallions



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



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
Chopped Chicken
Breast

Calories: 610



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 650



HELLO

CURRY POWDER

A fragrant spice blend, with turmeric, fenugreek, and cumin

IN A SLURRY

In Step 1, the mixture you make (aka a slurry) with equal amounts cornstarch to water, helps thicken the soup. Use a whisk or fork to guarantee it's lump-free!

BUST OUT

- Peeler
- Zester
- Small bowl
- Large pot
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Sugar (2 tsp | 4 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP & MAKE 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**. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lime**.
- Place **cornstarch** and **1 TBSP water** (**2 TBSP for 4 servings**) in a small bowl. Stir **slurry** to combine.



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**.
- Open package of **chicken*** and drain off any excess liquid. Swap in chicken (**no need to break up into pieces!**) for turkey.



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.
- Transfer to a plate.



5 FINISH SOUP

- Thoroughly shake **coconut milk** in container before opening.
- Return **cooked veggies** to pot with **turkey mixture**. (**TIP: If cornstarch in slurry has settled, give it another stir now.**) Stir in **stock concentrates**, **cornstarch slurry**, coconut milk, **chili sauce**, **1½ cups water** (**3 cups for 4 servings**), and **2 tsp sugar** (**4 tsp 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 another **drizzle of oil** in same pot over medium-high heat. Add **garlic**, **ginger**, and **scallion whites**. 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 **scallion greens** and **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°.