



Coronation Turkey

with Green Beans and Basmati Rice



HELLO GREEN BEANS

Green beans grow on a bush and belong to legume family originating from Peru.



Basmati Rice



Echalion Shallot



Green Beans



Garlic Clove



Coriander



Turkey Strips



Curry Powder



Mango Chutney



Chicken Stock Powder



Soured Cream

MEAL BAG

Hands on: 20 mins
Total: 25 mins

Family Box

A British classic with a twist. Our Coronation Turkey with fluffy rice and green beans is a warming dish that can be whipped up in no time but still delivers on flavour. Think aromatic smells and sweet flavour: this dish is a real weeknight winner. Plus, turkey is a great substitute for the classic chicken option. We've added green beans for some crunch and colour. Serve with rice and finish with a sprinkling of coriander.



BEFORE YOU START

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



1 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, add a pinch of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



4 SIMMER

Stir in the **garlic**, **curry powder** and **mango chutney** to coat the **turkey**, and cook for 1 minute. Pour in the **water** for the sauce (see ingredients for amount) and stir in the **stock powder**. Add the **beans**, bring to the boil, then reduce the heat to medium and cover the pan with a lid or some foil. Simmer until the **beans** are tender, about 5 mins.



2 GET PREPPED

Halve, peel and thinly slice the **shallot**. Trim the **green beans** then chop into thirds. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



5 FINISH OFF

Once the **beans** are tender and the **turkey** cooked, remove the lid and stir in the **soured cream**, bring to the boil, then remove from the heat. **IMPORTANT:** The turkey is cooked when it is no longer pink in the middle. Stir in **half** the **coriander**. Taste and add **salt** and **pepper** if you feel it needs it.



3 FRY THE TURKEY

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once the pan is hot, add the **turkey strips** with a pinch of **salt** and **pepper**. Stir-fry until the **turkey** is nicely browned, 5 mins. **TIP:** Cook the turkey in batches if your pan is small as you want to fry it not stew it. Once the turkey is cooked, add the **shallot** to the pan and cook with the **turkey**, stirring frequently until softened, 3-4 mins.



6 SERVE

Fluff up the **rice** with a fork and serve with the **coronation turkey** on top finished with a sprinkling of remaining **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Echalion Shallot *	1	2	2
Green Beans *	1 small pack	1 medium pack	1 medium pack
Garlic Clove	1	2	2
Coriander *	1 bunch	1 bunch	1 bunch
Turkey Strips *	250g	375g	500g
Curry Powder 9)	1 small pot	¾ large pot	1 large pot
Mango Chutney	1 large pot	1½ large pots	2 large pots
Water for the Sauce*	150ml	225ml	300ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Soured Cream 7)	1 pouch	1½ pouches	2 pouches

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 380G	PER 100G
Energy (kJ/kcal)	2669 / 638	703 / 168
Fat (g)	18	5
Sat. Fat (g)	10	3
Carbohydrate (g)	77	20
Sugars (g)	15	4
Protein (g)	41	11
Salt (g)	1.67	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 9) Mustard

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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Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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