



CREAMY TURKEY MASALA

with Veggie-Packed Rice



HELLO GARAM MASALA

This popular seasoning literally means 'hot mixture of spices'.



Onion



Ginger



Garlic Clove



Green Beans



Carrot



Coriander



Turkey Steak



Chicken Stock Pot



Basmati Rice



Garam Masala



Mustard Seeds



Tomato Passata



Double Cream

MEAL BAG

Total: **30 mins**
Hands-on: **25 mins**

Little heat

4 of your
5 a day

Family Box

Move aside take-away curry temptations, step in Mimi's masala. Mimi's given everyone's favourite curry recipe a flavour twist, using super-lean turkey steaks instead of chicken to add a depth of flavour that works perfectly with the creamy, tomato-rich sauce. Bursting with fresh flavours, ready in 30 minutes, and containing 4 of your 5 a day, we're pretty sure this curry is about to become a household favourite.

BEFORE YOU START

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



1 PREP TIME!

Put a large saucepan of water on to boil. Halve, peel and chop the **onion** into ½cm pieces. Peel and grate the **ginger** and **garlic** (or use a garlic press). Cut the stalky tops off the **green beans** and chop them into **four** pieces. Cut the top off the **carrot**, then grate on the coarse side of your grater. Roughly chop the **coriander** (stalks and all). On a separate board, chop the **turkey steak** into roughly 2cm chunks.



2 COOK THE RICE

Stir **half** the **chicken stock pot** into the pan of boiling water, and then add the **basmati rice**. Boil for 10 mins (without a lid), then drain into a sieve (we will stir-fry it later).



3 START THE CURRY

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Once the **oil** is hot, add the **turkey**. Season with a pinch of **salt** and **black pepper** and cook until browned, 4-5 mins. Add the **onion**, stir and cook until softened and slightly golden, 5-6 mins, then add the **ginger**, **garam masala**, **half** the **mustard seeds** and **half** the **garlic**. Stir together and cook for 1 minute.



4 SIMMER THE CURRY

Pour the **tomato passata** into your pan with the **turkey** and then refill the carton(s) **half** with **water** and pour that in too. Stir in and dissolve the remaining **chicken stock pot**. Bring the mixture to the boil and then turn down the heat to medium and simmer until thickened, 10-15 mins.



5 FINISH THE RICE

Once the **rice** is drained, give your saucepan a quick wash and then pop onto medium heat with a drizzle of **oil**. Add the **green beans** and cook until softened and slightly browned, 5-6 mins. Add the remaining **mustard seeds** and **garlic** to the pan. Stir and cook for 1 minute then add the **rice** and **carrot**. Stir together and heat until piping hot, 1-2 mins. Remove from the heat.



6 FINISH AND SERVE

When the **curry** is cooked, add the **double cream** and bring the mixture back to the boil. Taste and add **salt** and **black pepper** if you feel it needs it. Serve the **veggie-packed rice** on one side of your bowl and the **curry** on the other side. Sprinkle over the **coriander**. **Enjoy!**

4 PEOPLE INGREDIENTS

Onion, chopped	2
Ginger, grated	2 knobs
Garlic Clove, grated	4
Green Beans, chopped	2 packs
Carrot, grated	2
Coriander, chopped	1 large bunch
Turkey Steak, chopped	4
Chicken Stock Pot	2
Basmati Rice	300g
Garam Masala	1 tbsps
Mustard Seeds ¹⁰⁾	4 tsp
Tomato Passata	2 cartons
Double Cream ⁷⁾	1 pot

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	686	113
(kJ)	2890	476
Fat (g)	21	3
Sat. Fat (g)	13	2
Carbohydrate (g)	84	14
Sugars (g)	23	4
Protein (g)	41	7
Salt (g)	3	0

ALLERGENS

⁷⁾Milk ¹⁰⁾Mustard

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

👍 THUMBS UP OR THUMBS DOWN?

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