



# JERK SPICED TURKEY

with Lime and Coconut Brown Rice



NUTRITIONIST APPROVED



## HELLO TURKEY

*Turkey is also a great source of selenium, selenium contributes to maintaining normal hair and nail growth.*



Turkey Steak



Caribbean Jerk Spice



Honey



Brown Basmati Rice



Vine Tomato



Coriander



Green Pepper



Red Pepper



Desiccated Coconut



Lime

MEAL BAG

35 mins

2 of your 5 a day

Medium heat

Balanced

Under 550 calories

Cook within 3 Days of Delivery

Super lean and packed with protein, turkey is a great addition to this weeknight favourite and works brilliantly with the punchy Caribbean-style flavours in this delicious dish. Our specially blended jerk spice (a fragrant mix of spices like allspice berries, black peppercorns and nutmeg) gives the turkey a delicious crust and works brilliantly with the fresh ingredients in this recipe. Served with coconutty brown rice packed with peppers (a great source of Vitamin C) and a fresh tomato salad, this healthy recipe is the perfect thing for an easy mid-week dinner.

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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 **Fine Grater**, **Mixing Bowl**, **Large Saucepan**, **Sieve**, **Large Frying Pan**, some **Foil** and a **Large Baking Tray**. Now, let's get cooking!



### 1 MARINATE THE TURKEY

Zest and juice the **lime**. Pop the **Caribbean jerk spice**, **honey** and the **half** the **lime juice** in a mixing bowl and add a pinch of **salt** and **pepper**. Stir together then add the **turkey steaks** and turn to coat. Set aside.

**! IMPORTANT:** Wash your hands and equipment after handling raw meat.



### 2 COOK THE RICE

Bring a large saucepan of water to the boil with a pinch of salt for your rice. When boiling, stir in the **brown rice** and boil for 25 mins. **★ TIP:** Add more water if it starts to evaporate too much. When cooked, drain the **rice** thoroughly in a sieve and return to the saucepan, off the heat.



### 3 TOAST THE COCONUT

Preheat your grill to medium-high. Put a large frying pan on medium-high heat (no oil). When hot, add the **desiccated coconut**. Toast, stirring frequently, until golden, 1-2 mins, then transfer to a bowl. **★ TIP:** Be careful it burns easily! Keep the pan, we will use it later.



### 4 GRILL THE TURKEY

Pop the **turkey steaks** and their **marinade** on a large foil-lined baking tray and grill until cooked through, 12-15 mins. Turn halfway through cooking. **! IMPORTANT:** The turkey is cooked when it is no longer pink in the middle. When done, cover the **turkey** loosely in foil and leave to rest for a few mins.



### 5 FRY THE PEPPERS

Meanwhile, halve the **peppers** and discard the core and seeds. Chop into small pieces. Return your now empty frying pan to medium heat with a drizzle of **oil**. When hot, add the **peppers** and fry until just soft, 8-10 mins, stirring occasionally, then remove from the heat. Meanwhile, roughly chop the **tomatoes** and **coriander** (stalks and all). Pop in a bowl with the remaining **lime juice**. Season with a pinch of **salt** and **pepper**. Stir and set aside.



### 6 FINISH AND SERVE

Stir **three-quarters** of the **toasted desiccated coconut** into the cooked **rice** along with the **lime zest** and **peppers**. Slice the **turkey** into four pieces. Serve the **lime** and **coconut rice** on plates topped with the **turkey** and any **juices**. Finish with the **tomato** and **coriander salad** and a sprinkling of remaining **desiccated coconut**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Turkey Steak *	2	3	4
Caribbean Jerk Spice	1 pot	1½ pots	2 pots
Honey	½ sachet	¾ sachet	1 sachet
Brown Basmati Rice	150g	225g	300g
Vine Tomato	2	3	4
Coriander *	1 bunch	1 bunch	1 bunch
Green Pepper *	1	2	2
Red Pepper *	1	1	2
Desiccated Coconut	½ sachet	¾ sachet	1 sachet
Lime *	1	1½	2

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 485G	PER 100G
Energy (kJ/kcal)	2297 / 549	473 / 113
Fat (g)	9	2
Sat. Fat (g)	5	1
Carbohydrate (g)	68	14
Sugars (g)	14	3
Protein (g)	48	10
Salt (g)	0.57	0.12

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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The Fresh Farm  
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