



TURKEY AND GREEN BEAN CURRY

with Brown Rice & Quinoa



NUTRITIONIST APPROVED



HELLO TURKEY

Turkey, is a white meat which is considered to be a lean protein. Turkey breast has 8% more protein compared to chicken breast. Protein contributes to a growth in muscle mass.



Green Beans



Coriander



Lime



Diced Turkey



Curry Powder



Light Coconut Milk



Chicken Stock Powder



Steamed Brown Basmati & Quinoa



Cashew Nut Pieces

MEAL BAG

20 mins

Little heat

Low in sat fat

Balanced

Under 550 calories

High Protein

Super lean and packed with protein, turkey is a great addition to this deliciously healthy curry. Turkey and crunchy green beans are seasoned with our delicious curry blend and combined in a light coconutty sauce. Served with steamed brown rice and quinoa (rich in protein to keep you feeling full) and topped with fresh coriander and lime juice, this is the perfect recipe for your next curry night at home.

GET **PREPARED!**

Get out your **Utensils.**

BEFORE YOU START

- 🔪 Get out your **Utensils**.
- 🧼 Wash the veggies.
- 👤 Make sure you've got a **Fine Grater**, **Large Saucepan** and **Measuring Jug**. Let's start cooking the **Turkey and Green Bean Curry with Brown Rice & Quinoa**.



1 PREP TIME!

- Trim the **green beans** then chop into thirds.
- Roughly chop the **coriander** (stalks and all).
- Zest and halve the **lime**.



2 START THE CURRY

- Heat a splash of **oil** in a large saucepan over a medium-high heat.
- When hot, add the **turkey pieces** and season with **salt** and **pepper**.
- Stir and cook until browned 3-4 mins.



3 ADD THE VEGGIES

- Once the **turkey** is browned all over add the **green beans** and cook until they begin to soften, 3 mins.
- Add the **curry powder**, stir and cook until fragrant, 1-2 mins.



4 SIMMER THE CURRY

- Pour in the **coconut milk**, **stock powder** and **water** (see ingredients for amount) and bring up to the boil.
- Lower the heat and simmer until the **turkey** is cooked through and the **green beans** are tender, 7-8 mins.
! IMPORTANT: The turkey is cooked when it is no longer pink in the middle.



5 COOK THE RICE

- When the **curry** has a few minutes left, cook the **rice** according to pack instructions.
- Share between your bowls and stir through a little **lime zest**.



6 FINISH AND SERVE

- Once the **curry** is ready, stir in **half the coriander**, the remaining **lime zest** and add a good squeeze of **lime juice**.
- Season to taste with more **salt** and **pepper** if needed. Serve on top of the **rice** and finish with a sprinkling of remaining **coriander** and the **cashew nuts**.

Enjoy!

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Green Beans *	1 small pack	1 large pack	2 small packs
Coriander *	1 bunch	1 bunch	1 bunch
Lime *	1	1½	2
Diced Turkey *	250g	375g	500g
Curry Powder 9)	1 small pot	¾ large pot	1 large pot
Light Coconut Milk	½ tin	¾ tin	1 tin
Water*	100ml	150ml	200ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Steamed Brown Basmati & Quinoa	1 pack	1½ packs	2 packs
Cashew Nut Pieces 2)	1 small bag	1 small bag	1 large bag

*Not Included
* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 481G	PER 100G
Energy (kJ/kcal)	1977 /473	411 /98
Fat (g)	17	4
Sat. Fat (g)	7	1
Carbohydrate (g)	37	8
Sugars (g)	5	1
Protein (g)	39	8
Salt (g)	0.99	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

- 2) Nut 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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