



North Indian Turkey Curry with lentils and wilted spinach

Quick Cook 20-25 mins

18



Turkey Mince



Rice



Onion



Lentils



Passata



Baby Spinach



North Indian
Style Spice Mix



Yoghurt



Chilli



Garlic



Beef Stock



Pantry Items: Water, Salt, Pepper, Oil



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pot with lid, sieve

Ingredients

	2P	4P
Turkey Mince	250 g	500 g
Rice	150 g	300 g
Onion	1 unit	2 units
Lentils	1 pack	2 packs
Passata	1 pack	2 packs
Baby Spinach	60 g	120 g
North Indian Style Spice Mix	2 sachets	4 sachets
Yoghurt	75 g	150 g
Chilli	1 unit	2 units
Garlic	1 unit	2 units
Beef Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	633.5 g	100 g
Energy (kJ/kcal)	3052 kJ/ 730 kcal	482 kJ/ 115 kcal
Fat (g)	5.2 g	0.8 g
Sat. Fat (g)	1.7 g	0.3 g
Carbohydrate (g)	103.7 g	16.4 g
Sugars (g)	32.2 g	5.1 g
Protein (g)	56.5 g	8.9 g
Salt (g)	3.9 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

Contact

Share your creations with #HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!



Cook the Rice

1. Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
2. Stir in the **rice** and bring to the boil.
3. Once boiling, lower the heat to medium and cover with the lid.
4. Cook for 10 mins, then remove the pot from the heat.
5. Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Simmer the Sauce

1. Add 100ml **water** (double for 4p), **stock powder**, **passata** and **lentils** to the pan.
2. Season with **salt** and **pepper**.
3. Stir everything together and simmer until thickened, 15-20 mins. **IMPORTANT:** Mince is cooked when no longer pink in the middle.

TIP: Add a splash of water to loosen the sauce if necessary.



Fry the Turkey

1. Place a pan over medium-high heat with a drizzle of **oil**.
2. Once hot, fry the **turkey mince** until browned, 6-8 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat. Use a spoon to break it up as it cooks.
3. Meanwhile, halve, peel and chop the **onion** into small pieces.
4. Peel and grate the **garlic** (or use a garlic press).
5. Once the **mince** is cooked, add the **onion** and **garlic** and fry until starting to soften, 3-4 mins.



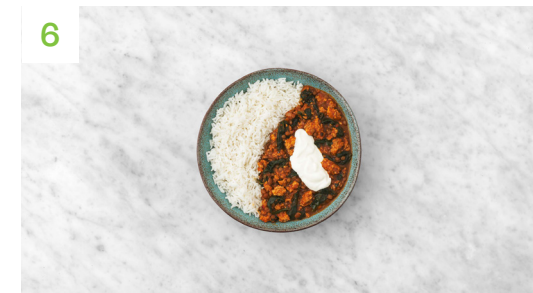
Wilt the Spinach

1. Add the **spinach** to the pan, a handful at a time.
2. Cook, stirring, until wilted and piping hot, 2-3 mins.
3. Taste and add more **salt** and **pepper** if desired.



Season the Mince

1. Meanwhile, finely chop the **chilli**.
2. Drain and rinse the **lentils** in a sieve.
3. Once the **onion** has softened, add the **chilli** (use less if you don't like spice) and **North Indian spice mix** to the pan.
4. Cook, stirring, until fragrant, 1 min.



Garnish and Serve

1. Fluff up the **rice** with a fork and divide between bowls.
2. Top with the **turkey and lentil** curry.
3. Finish with a dollop of cooling **yoghurt**.

Enjoy!