



# CURRIED TURKEY MEATBALLS

*jasmine rice with peas, tomato curry sauce, cashews*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
990

Our chefs took inspiration from Pakistani and Indian kofta curry for the flavors of tonight’s meal. You’ll use lean turkey (instead of the traditional beef or lamb) and bake the meatballs (instead of frying them). A velvety curry sauce comes together with onions, ginger, tomato paste, garam masala, curry powder, and coconut milk. Everything is served atop rice studded with sweet peas—the perfect backdrop for that savory sauce.

## INGREDIENTS (12 ITEMS)

- ½ cup **Jasmine rice**
- ¾ oz **Peas**
- 10 oz **Ground turkey\***
- ¼ cup **Breadcrumbs** W
- 1 tbsp **Yellow curry powder**
- 2 whole **Chicken stock concentrates**
- 2½ oz **Yellow onions**
- & ½ oz **& ginger**
- 1½ oz **Tomato paste**
- ½ tsp **Garam masala**
- 5 oz **Coconut milk** T
- 1 oz **Sour cream** M
- ½ oz **Roasted cashews** T

## WHAT YOU’LL NEED

- small pot with lid
- large sauté pan
- baking sheet
- large bowl
- measuring cup & spoons
- thermometer
- oven mitt
- cooking oil
- 3 tbsp butter M
- ½ tsp sweetener
- salt & pepper

## ALLERGENS

- W WHEAT T TREE NUTS (cashews, coconut)
- M MILK

\*Ground turkey is fully cooked when internal temperature reaches 165 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

## 1 COOK RICE

- Preheat oven to 400 degrees.
- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium-low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. Stir in **peas** and 1 tablespoon butter.

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 MAKE MIXTURE & FORM MEATBALLS

- Place **ground turkey** and **breadcrumbs** in a large bowl. Season with about ½ tablespoon **yellow curry powder**, one of the **chicken stock concentrates**, about ¼ teaspoon salt, and a pinch of pepper. Mix thoroughly to evenly distribute ingredients.
- Form **turkey mixture** into 8-10 balls, about 1 inch in diameter.\*

\*We recommend using a well-oiled tablespoon (or small ice cream scoop) to portion out the meatballs.

## 3 BAKE MEATBALLS

- Place **meatballs** on a lightly oiled, foil-lined baking sheet. Bake 12-15 minutes, or until fully cooked.

## 4 START SAUCE

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **yellow onions and ginger** to hot pan. Cook 3-4 minutes, or until softened, stirring occasionally.
- Add remaining **chicken stock concentrate, tomato paste, garam masala**, remaining **curry powder**, 2 tablespoons butter, and ½ teaspoon of your preferred sweetener. Cook 1-2 minutes, or until fragrant.

## 5 FINISH SAUCE

- Add **coconut milk** and ¼ cup water to pan. Reduce heat to medium low. Cook 1-2 minutes, or until coconut milk is heated through, stirring occasionally.
- Stir in **sour cream**. Season with salt and pepper to taste. Cook 2-3 minutes, or until sauce has slightly reduced.

## 6 PLATE YOUR DISH

- Roughly chop **roasted cashews** if necessary.
- Divide **jasmine rice with peas** between plates. Serve **curried meatballs** next to rice. Spoon **tomato curry sauce** over meatballs. Garnish with **cashews**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (462g)

Amount per serving

**Calories** **990**

	% Daily Value*
<b>Total Fat</b> 59g	76%
Saturated Fat 27g	135%
Trans Fat 0.5g	
<b>Cholesterol</b> 125mg	42%
<b>Sodium</b> 930mg	40%
<b>Total Carbohydrate</b> 78g	28%
Dietary Fiber 5g	18%
Total Sugars 13g	
Includes 1g Added Sugars	2%
<b>Protein</b> 42g	
Vitamin D 1mcg	6%
Calcium 102mg	8%
Iron 5mg	30%
Potassium 1000mg	20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Ground Turkey** [turkey], **Yellow Curry Powder** [coriander, turmeric, cumin, mustard, fenugreek, cardamom, nutmeg, cayenne, cinnamon, clove], **Tomato Paste** [tomato paste, citric acid], **Garam Masala** [cardamom, cinnamon, clove, cumin, black pepper, coriander], **Yellow Onions**, **Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Coconut Milk** [coconut milk], **Chicken Stock Concentrate** [chicken stock, maltodextrin, natural flavor, chicken fat, sugar, salt, yeast extract and xanthan gum], **Jasmine Rice** [jasmine rice], **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Peas** [peas], **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Sour Cream** [cultured cream]

### Allergen information:

Contains Milk, Tree Nuts And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.