



**GREEN  
CHEF**

## CREAMY TURKEY CURRY

peas, cauliflower "rice," cilantro-lime crema, cashews

### COOK TIME

20 MIN

### SERVINGS

2

### CALORIES PER SERVING

710

### NET CARBS PER SERVING

20 GRAMS

### MENU

KETO // GLUTEN-FREE

In this gluten-free meal inspired by Indian butter chicken, ground turkey and peas simmer in a creamy curry-spiced tomato sauce. Golden cauliflower "rice" with roasted red peppers stands in for the usual basmati rice, while still sopping up all the luscious sauce. Spiced cilantro-lime crema and crunchy cashews on top complete this comforting, soul-satisfying meal.

### INGREDIENTS (10 ITEMS)

½ oz **Roasted cashews** T  
 10 oz **Ground turkey\***  
 1¼ tsp **Yellow curry powder**  
 9 oz **Cauliflower "rice"**  
 2¼ oz **Roasted red peppers**  
 5¼ oz **Curry-spiced tomato sauce**  
 ½ tsp **Crushed red pepper flakes**  
 2 oz **Cream cheese** M  
 2½ oz **Peas**  
 ¼ oz **Spiced cilantro-lime crema** M

### WHAT YOU'LL NEED

medium & large sauté pans  
 measuring cup & spoons  
 thermometer  
 cooking oil  
 2 tbsp butter M  
 salt & pepper

### ALLERGENS

T TREE NUTS (cashews)  
M MILK



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



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

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

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

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](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



## 1 TOAST NUTS

- Place **roasted cashews** in a dry, large sauté pan over medium heat. Toast 3–4 minutes, or until fragrant, shaking pan frequently.
- Transfer **cashews** to a cutting board and allow to cool. (Reserve pan.) Roughly chop.

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 COOK TURKEY

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **ground turkey** to hot pan. Season with about half the **yellow curry powder**, about ¼ teaspoon salt, and a pinch of pepper. Cook 4–5 minutes, or until fully cooked, breaking up **turkey** into pieces. (You'll finish the turkey in Step 4.)



## 3 COOK CAULIFLOWER "RICE"

- Heat about 1½ tablespoons cooking oil in pan used for cashews over medium-high heat. Add **cauliflower "rice"** and **roasted red peppers** to hot pan. Season with remaining **curry powder**, about ¼ teaspoon salt, and a pinch of pepper. Cook 3–4 minutes, or until tender, stirring occasionally. Remove from heat.



## 4 SIMMER CURRY

- Add **curry-spiced tomato sauce** and about ½ cup water to pan with **turkey** over medium-high heat. Season with **crushed red pepper flakes**\*.
- Stir in **cream cheese** and 2 tablespoons butter. Bring to a simmer, then reduce heat to medium. Cook 2–3 minutes, or until sauce has thickened, stirring occasionally.
- Add **peas**. Gently stir to coat. Season with salt and pepper to taste.

*\*If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*



## 5 PLATE YOUR DISH

- Divide **cauliflower "rice"** between bowls. Top with **creamy turkey curry**. Drizzle with **spiced cilantro-lime crema**. Garnish with **cashews**. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (510g)

Amount per serving

Calories 710

	% Daily Value*
<b>Total Fat</b> 52g	67%
Saturated Fat 16g	80%
Trans Fat 0g	
<b>Cholesterol</b> 120mg	40%
<b>Sodium</b> 1080mg	47%
<b>Total Carbohydrate</b> 28g	10%
Dietary Fiber 8g	29%
Total Sugars 12g	
Includes 0g Added Sugars	0%
<b>Protein</b> 43g	
Vitamin D 1mcg	6%
Calcium 178mg	15%
Iron 5mg	30%
Potassium 1279mg	25%

\* 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], **Curried Tomato Sauce** (Diced Tomatoes [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], Tomato Paste [vine ripened organic tomatoes], Puréed Ginger [ginger], Ascorbic Acid [ascorbic acid]), **Roasted Red Peppers** [bell pepper], **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Peas** [peas], **Yellow Curry Powder** [coriander, turmeric, cumin, mustard, fenugreek, cardamom, nutmeg, cayenne, cinnamon, clove], **Cauliflower**, **Cilantro-Lime Crema** (Cilantro, Sour Cream [cultured cream], Lime Juice [lime], Sea Salt, Ground Coriander, Granulated Garlic), **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Crushed Red Pepper Flakes**, **Tikka Masala Spice Blend** (Ground Coriander, Sweet Paprika, Turmeric, Garam Masala [cardamom, cinnamon, clove, cumin, black pepper, coriander], Ground Cumin)

Allergen information:

Contains Tree Nuts And Milk

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.

