



**GREEN  
CHEF**

# CURRIED TURKEY & MANGO PITAS

*scallion lime crema, cabbage, curry-spiced carrot fries*

## COOK TIME

35 MIN

## SERVINGS

2

## CALORIES PER SERVING

970

Punchy mango is the star of this unique take on pita pockets. You'll prepare a mango-lime sauce that's sweet and tangy with a kick. Mangos are sautéed with agave, lime zest and juice, and our house mango hot sauce. That gets stirred into curry-spiced turkey and then stuffed into toasted whole-wheat pitas. Then it's time for the fixins: Crisp cabbage delivers a pop of color and a scallion lime crema adds cooling contrast. Curry-spiced carrot fries round out the meal with more aromatic flavors on the side.

## INGREDIENTS (12 ITEMS)

4 whole	<b>Carrots</b>
1 whole	<b>Scallion</b>
1 tsp	<b>Yellow curry powder</b>
2¾ oz	<b>Mangos</b>
1 whole	<b>Lime</b>
1¾ oz	<b>Cabbage</b>
1¼ oz	<b>Agave</b>
¾ oz	<b>Mango hot sauce</b> <sup>T</sup>
10 oz	<b>Ground turkey*</b>
1 whole	<b>Vegetable stock concentrate</b>
2 whole	<b>Whole-wheat pita breads</b> <sup>W</sup>
2 oz	<b>Sour cream</b> <sup>M</sup>

## WHAT YOU'LL NEED

small & large sauté pans  
baking sheet  
mixing bowls  
measuring spoons  
peeler  
microplane  
thermometer  
oven mitt  
cooking oil  
1 tbsp butter <sup>M</sup>  
salt & pepper

## ALLERGENS

<sup>T</sup> TREE NUTS (coconut) <sup>W</sup> WHEAT  
<sup>M</sup> MILK



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.

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

## 1 START PREP

- Preheat oven to 425 degrees.
- Trim and peel **carrots**. Cut widthwise into pieces, about 3 inches long. Cut each piece lengthwise into fries, about ½ inch thick.
- Trim and mince **scallion**.

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 SEASON &amp; ROAST CARROTS

- Place **carrots** in a large bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about half the **yellow curry powder**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 16–18 minutes, or until fork-tender, stirring halfway through.
- Remove sheet from oven. Sprinkle about half the **scallion** over **carrots**. Stir to combine. **(Careful! Baking sheet is hot!)**

## 3 FINISH PREP

- Roughly chop **mangos** if necessary (reserve any juice in pouch).
- Zest **lime** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lime**.
- Roughly chop **cabbage\***.

*\*The ingredient you received may be a different color.*

## 4 MAKE MANGO-LIME SAUCE

- Heat about 1½ tablespoons cooking oil in a small sauté pan over medium-high heat. Add **mangos** (with reserved juice), **agave**, **mango hot sauce**, about half the **lime zest**, juice from 1–2 **lime wedges**, and about 2 tablespoons water. Season with salt and pepper. Stir to combine.
- Cook 3–4 minutes, or until sauce has slightly thickened, stirring frequently. Season with salt and pepper to taste. Remove from heat.

## 5 COOK TURKEY

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **ground turkey** and **vegetable stock concentrate**. Season with remaining **yellow curry powder**, ¼ teaspoon salt, and a pinch of pepper. Cook 4–5 minutes, or until fully cooked, breaking up **turkey** into pieces.
- Add **mango-lime sauce** and 1 tablespoon butter to pan with **turkey**. Stir to combine. Season with salt and pepper to taste. Remove from heat.

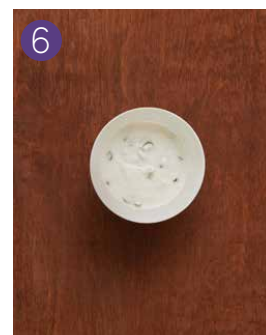
## 6 TOAST PITAS &amp; MAKE CREMA

- Place **whole-wheat pita breads** directly on oven rack. Toast 1–2 minutes, or until warmed through.
- Transfer **pitas** to a cutting board. Halve **pitas**.\*
- In a small bowl, combine **sour cream**, juice from two **lime wedges**, remaining **lime zest**, and remaining **scallion**. Season with salt and pepper to taste.

*\*The pitas are hot! Hold them steady with tongs or an oven mitt.*

## 7 PLATE YOUR DISH

- Divide **pitas** between plates. Drizzle insides with **scallion lime crema**. Stuff with **cabbage** and **curried turkey and mango filling**. Serve **curry-spiced carrot fries** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (616g)

**Amount per serving**

**Calories** 970

	% Daily Value*
<b>Total Fat</b> 54g	69%
Saturated Fat 13g	65%
Trans Fat 0g	
<b>Cholesterol</b> 100mg	33%
<b>Sodium</b> 1680mg	73%
<b>Total Carbohydrate</b> 89g	32%
Dietary Fiber 13g	46%
Total Sugars 36g	
Includes 17g Added Sugars	34%
<b>Protein</b> 42g	
Vitamin D 1mcg	6%
Calcium 166mg	15%
Iron 5mg	30%
Potassium 1403mg	30%

\* 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], **Whole-Wheat Pita Breads** [stoneground whole wheat flour, water, sugar, yeast, wheat gluten, contains 2% or less of: salt, wheat starch, maltodextrin, microcrystalline cellulose, dough conditioner (bromelain), calcium propionate], **Sour Cream** [cultured cream], **Yellow Curry Powder** [coriander, turmeric, cumin, mustard, fenugreek, cardamom, nutmeg, cayenne, cinnamon, clove], **Scallions**, **Carrots**, **Lime**, **Mangos** [mango], **Red Cabbage**, **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Agave** [organic agave syrup], **Mango Hot Sauce** (Hot Sauce [water, organic red bell peppers, organic onions, organic tomatoes (organic tomato puree [water, organic tomato paste], citric acid), organic white wine vinegar, sea salt, organic garlic powder, organic cayenne, xanthan gum], Mangos [mango], White Vinegar [organic distilled vinegar, diluted with water to 5% acidity], Apple Cider Vinegar [apple cider vinegar], Coconut Nectar [coconut tree sap], Applewood-Smoked Sea Salt, Granulated Garlic, Onion Powder, Olive Oil [olive oil], Sea Salt, Ground Cayenne Pepper)

### Allergen information:

Contains Tree Nuts, Milk 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.*