



**GREEN  
CHEF**

# CURRIED COCONUT TURKEY SOUP

*zucchini, garlic pitas, cashews, sour cream*

## COOK TIME

25 MIN

## SERVINGS

2

## CALORIES PER SERVING

690

## MENU

FAST & FIT

This soup is packed with curry-style flavor from yellow curry powder, garam masala, and creamy coconut milk. Aromatic onions and ginger add depth to the soup, which is loaded with good-for-you zucchini and savory ground turkey. To finish, drizzle with sour cream, sprinkle with roasted cashews, and enjoy with toasted garlic pitas alongside for dunking.

## INGREDIENTS (12 ITEMS)

1 whole	<b>Zucchini</b>
¼ oz	<b>Garlic</b>
½ oz	<b>Roasted cashews</b> <span>T</span>
2½ oz & ½ oz	<b>Yellow onions &amp; ginger</b>
10 oz	<b>Ground turkey*</b>
1½ oz	<b>Tomato paste</b>
½ tsp	<b>Garam masala</b>
1 tbsp	<b>Yellow curry powder</b>
1 whole	<b>Vegetable stock concentrate</b>
5 oz	<b>Coconut milk</b> <span>T</span>
2 whole	<b>Whole-wheat pita breads</b> <span>W</span>
1 oz	<b>Sour cream</b> <span>M</span>

## WHAT YOU'LL NEED

large pot  
baking sheet  
mixing bowls  
measuring cup & spoons  
thermometer  
oven mitt  
cooking & olive oils  
salt & pepper

## ALLERGENS

T TREE NUTS (cashews, coconut)  
W WHEAT  
M 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°.

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

## PREP

- Preheat oven to 400 degrees.
- Trim ends from **zucchini\***. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.
- Mince **garlic**.
- Roughly chop **roasted cashews** if necessary.

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

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

## START SOUP

- Heat a drizzle of oil in a large pot over medium heat. Add **yellow onions and ginger** to hot pot. Cook 2-3 minutes, or until onion is just tender, stirring occasionally.
- Add **zucchini**. Season with salt and a pinch of pepper. Stir to combine. Cook 3-4 minutes, or until zucchini is just tender, stirring frequently.

3

## ADD TURKEY

- Add **ground turkey** and half the **garlic** to pot. Cook 3-4 minutes, or until turkey is fully cooked, breaking up **turkey** into pieces.

4

## FINISH SOUP

- Add **tomato paste, garam masala, yellow curry powder, and vegetable stock concentrate** to pot. Season with ¼ teaspoon salt. Stir to combine. Cook 1 minute, or until turkey is thoroughly coated.
- Add **coconut milk** and 1 cup water. Reduce heat to medium low. Simmer 4-5 minutes, or until flavors meld, stirring occasionally. Season with salt and pepper to taste.\*

*\*Taste the soup after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

5

## MAKE GARLIC PITAS

- Place remaining **garlic** and 1 teaspoon olive oil in a small bowl. Stir to combine. Lightly season with salt and pepper.
- Quarter **whole-wheat pita breads**. Spread out in a single layer on a lightly oiled, foil-lined baking sheet. Brush with **garlic oil**. Bake 3-4 minutes, or until evenly browned. Lightly season with salt.

6

## MIX SOUR CREAM

- Place **sour cream** in a second small bowl. Season with salt and pepper. Add water 1 teaspoon at a time until mixture reaches a drizzling consistency.

7

## PLATE YOUR DISH

- Divide **curried coconut turkey soup** between bowls. Drizzle with **sour cream** to taste. Garnish with **cashews**. Serve **garlic pitas** on the side. Enjoy!

1



2



3



4



5



6



7



## Nutrition Facts

2 Servings per container

**Serving size** (492g)

**Amount per serving**

**Calories** **690**

	% Daily Value*
<b>Total Fat</b> 34g	44%
Saturated Fat 14g	70%
Trans Fat 0g	
<b>Cholesterol</b> 75mg	25%
<b>Sodium</b> 900mg	39%
<b>Total Carbohydrate</b> 59g	21%
Dietary Fiber 9g	32%
Total Sugars 13g	
Includes 4g Added Sugars	8%
<b>Protein</b> 45g	
Vitamin D 1mcg	6%
Calcium 131mg	10%
Iron 6mg	35%
Potassium 1409mg	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], **Yellow Curry Powder** [coriander, turmeric, cumin, mustard, fenugreek, cardamom, nutmeg, cayenne, cinnamon, clove], **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], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Sour Cream** [cultured cream], **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Zucchini**, **Garlic**, **Tomato Paste** [tomato paste, citric acid]

### 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.*

