



Caramelized Honey-Garlic Turkey Noodles

with Snow Peas and Sesame Seeds

Spicy

20 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Tofu
1 | 2



Ground Turkey
250 g | 500 g



Carrot, julienned
56 g | 113 g



Snow Peas
113 g | 227 g



Honey-Garlic Sauce
4 tbsp | 8 tbsp



Soy Sauce
2 tbsp | 4 tbsp



Ginger-Garlic Puree
2 tbsp | 4 tbsp



Linguine
170 g | 340 g



Chili-Garlic Sauce
2 tbsp | 4 tbsp



Green Onion
1 | 2



Sesame Seeds
9 g | 18 g



Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Salt, pepper, oil

Cooking utensils | Colander, large non-stick pan, large pot, measuring cups, measuring spoons, small bowl

1



Cook linguine

- Before starting, bring a large pot of **salted water** to a boil.
- Wash and dry all produce.
- To the **boiling water**, add **linguine**. Cook for 10-13 min, until tender but still firm to the bite.
- Reserve $\frac{1}{4}$ cup ($\frac{1}{2}$ cup) **pasta water**. Strain **linguine**, then return to the pot, off heat.

2



Prep and make sauce mixture

🔄 Swap | Tofu

- Meanwhile, trim, then diagonally halve **snow peas**.
- Thinly slice **green onion**.
- Heat a large non-stick pan over medium-high.
- In a small bowl, combine **honey-garlic sauce**, **soy sauce**, **ginger-garlic puree** and **1 tbsp** (2 tbsp) **chili-garlic sauce**. (Like things spicy? Add more chili-garlic sauce!)

3



Toast sesame and cook turkey

🔄 Swap | Ground Beef

🔄 Swap | Tofu

- When the pan is hot, add **sesame seeds** to the dry pan.
- Toast for 1-2 min, stirring often, until lightly golden. (**TIP**: Keep your eye on them so they don't burn!)
- To the pan with **sesame seeds**, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **turkey**.
- Cook for 4-5 min, breaking up **turkey** into smaller pieces, until no pink remains.**
- Add **3 tbsp** (6 **tbsp**) of **sauce mixture**, then season with **salt** and **pepper**.
- Cook for 2-3 min, stirring often, until **turkey** starts to caramelize.
- Transfer to a plate.

4



Cook veggies

- To the same pan, add **1 tbsp** (2 **tbsp**) **oil**, then **snow peas** and **carrots**.
- Cook for 2-3 min, stirring occasionally, until **veggies** slightly soften. Season with **salt** and **pepper**.

5



Finish noodles

- Increase heat for the pan to high, then add **turkey**, **noodles** and **remaining sauce mixture**.
- Cook for 1-2 min, tossing occasionally, until **noodles** are coated and **veggies** are tender-crisp. (**TIP**: Add 1 **tbsp** of reserved pasta water at a time if the noodles get too dry.)
- Season with **salt** and **pepper**, if you like.

6



Finish and serve

- Divide **noodles** between bowls.
- Sprinkle **green onions** over top.

Measurements within steps **1 tbsp** (2 **tbsp**) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Prep and make sauce mixture

🔄 Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces.

3 | Toast sesame and cook beef

🔄 Swap | Ground Beef

If you've opted to get **beef**, cook in the same way the recipe instructs you to cook the **turkey****.

3 | Toast sesame and cook tofu

🔄 Swap | Tofu

To the pan with **sesame seeds**, add **1 tbsp** (2 **tbsp**) **oil**, then **tofu**. Cook for 6-7 min, stirring occasionally, until **tofu** is browned all over. Follow the rest of the recipe as written.

** Cook to a minimum internal temperature of 165°F.