



SuperQuick Scallion Turkey Noodles

with Sesame and Garlic

15-Minute Meal 15 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	 Beyond Meat® 2 4
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 Ground Turkey 250 g 500 g	 Chow Mein Noodles 200 g 400 g
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 Green Onion 2 4	 Sesame Seeds 9 g 18 g
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 Garlic Puree 1 tbsp 2 tbsp	 Soy Sauce 4 tbsp 8 tbsp
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 Hoisin Sauce 4 tbsp 8 tbsp	 Sugar Snap Peas 113 g 227 g
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 Sesame Oi 1 tbsp 2 tbsp



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.*

Ingredient quantities 56 g | 113 g
2-serving 4-serving

Pantry items | Sugar, salt, pepper

Cooking utensils | Large non-stick pan, large pot, measuring cups, measuring spoons, medium bowl, strainer

1



Cook chow mein noodles

- Before starting, to a large pot, add **6 cups** (12 cups) **water** and **1/8 tsp** (1/4 tsp) **salt**. Cover and bring to a boil over high heat. Wash and dry all produce.
- Add **noodles** to the boiling water.
- Cook uncovered for 1-2 min, until tender.
- Drain **noodles**, reserving **1/4 cup** (1/2 cup) of **noodle water**. Using a strainer, rinse **noodles** under warm water and then return to the same pot, off heat.

2



Prep

- Thinly slice **green onions**.
- Halve **sugar snap peas** crosswise.

3



Cook turkey

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- Heat a large non-stick pan over medium-high. When hot, add **half the sesame oil**, then **turkey, garlic puree, sesame seeds, half the green onions** and **1 tsp** (2 tsp) **sugar**. Cook for 4-5 min, breaking up **turkey** into smaller pieces, until no pink remains.**
- Transfer **turkey** to a medium bowl. Set aside.

4



Cook veggies

- Reheat the same pan over medium.
- When hot, add **sugar snap peas**. Cook for 4-5 min, stirring often, until tender-crisp.

5



Finish and serve

- Add **turkey, sugar snap peas, soy sauce, hoisin sauce, remaining sesame oil** and **reserved noodle water** to the large pot with **noodles**. Stir to combine. Season with **salt** and **pepper**.
- Divide **scallion turkey noodles** between bowls.
- Sprinkle **remaining green onions** over top.

Measurements **1 tbsp** (2 tbsp) **oil**
within steps 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.

3 | 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 | Cook Beyond Meat®

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook for 5-6 min, in the same way as the **turkey**, breaking up **patties** into smaller pieces, until crispy.**

** Cook to a minimum internal temperature of 165°F, as size may vary.