



Cal Smart Bibimbap-Style Bowls

with Turkey and Spicy-Sweet Sauce

Calorie Smart

Optional Spice

30 Minutes



Ground Turkey



Zucchini



Carrot



Green Onion



Sweet Bell Pepper



Sesame Oil



Soy Sauce



Honey



Sriracha



Basmati Rice

HELLO SPICY-SWEET SESAME SAUCE

This nutty and flavourful Korean-style sauce elevates roasted veggies!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Heat Guide for Step 4:

- Mild: ½ tsp
- Medium: 1 tsp
- Spicy: 1½ tsp
- Extra-spicy: 2 tsp

Bust out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, medium pot, parchment paper, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Zucchini	200 g	400 g
Carrot	170 g	340 g
Green Onion	2	2
Sweet Bell Pepper	160 g	320 g
Sesame Oil	1 tbsp	2 tbsp
Soy Sauce	2 tbsp	4 tbsp
Honey	1 tbsp	2 tbsp
Sriracha 🌶️	1 tsp	1 tsp
Basmati Rice	¾ cup	1 ½ cups
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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.

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Start rice

- Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Mix spicy-sweet sauce

- Meanwhile, stir together **½ tbsp water** (dbl for 4 ppl), **half the honey**, **half the soy sauce** and **1 tsp sriracha** in a medium bowl. (NOTE: Reference heat guide.) Set aside.



Prep

- Meanwhile, peel, then cut **carrot** in half lengthwise, then into ¼-inch half-moons.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onions**.



Cook turkey

- Heat a large non-stick pan over medium-high heat.
- When hot, add **remaining sesame oil**, then **turkey**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 5-6 min.**
- Remove the pan from heat, then add **remaining soy sauce** and **remaining honey**. Season with **salt** and **pepper**, then stir to combine.



Roast veggies

- Add **zucchini**, **peppers**, **carrots** and **half the sesame oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven until tender-crisp, 15-17 min.



Finish and serve

- Fluff **rice** with a fork. Season with **salt**, then stir in **half the green onions**.
- Divide **rice** between bowls, then top with **turkey** and **veggies**.
- Drizzle with **spicy-sweet sauce**, then sprinkle **remaining green onions** over top.

Dinner Solved!