



Cal Smart Gochujang Turkey Bowls

with Pickled Radishes

Calorie Smart

Spicy

Quick

25 Minutes



Ground Turkey



Soy Sauce Mirin Blend



Poblano Pepper



Carrot, julienned



Green Onion



Basmati Rice



Gochujang



Sesame Oil



Rice Vinegar



Radish

HELLO GOCHUJANG

This Korean chili paste has distinctive savoury, sweet and spicy notes!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, small pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Poblano Pepper 🌶️	160 g	320 g
Carrot, julienned	56 g	113 g
Green Onion	1	2
Basmati Rice	¾ cup	1 ½ cups
Gochujang 🌶️	2 tbsp	4 tbsp
Sesame Oil	1 tbsp	2 tbsp
Rice Vinegar	3 tbsp	6 tbsp
Radish	3	6
Sugar*	1 tsp	2 tsp
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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Pickle radishes

- Add **vinegar**, **1 tbsp water**, **1 tsp sugar** and **a pinch of salt** (dbl all for 4 ppl) to a small pot.
- Heat over medium heat, swirling occasionally, until **sugar** dissolves.
- Remove the pot from heat.
- Meanwhile, thinly slice **radishes**.
- Add **radishes** to the pot. Set aside to pickle.



Cook turkey and poblanos

- Heat a large non-stick pan over medium-high heat.
- When hot, add **half the sesame oil**, then **turkey**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Add **poblanos**. Cook, stirring occasionally, until **poblanos** soften slightly, 3-4 min. Season with **salt** and **pepper**.



Cook rice

- Meanwhile, add **rice**, **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, 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.



Finish turkey mixture

- Add **carrots** and **green onion whites** to the pan with **turkey**. Cook, stirring occasionally, until **carrots** soften slightly, 1-2 min.
- Add **gochujang mixture**. Cook, stirring often, until **sauce** thickens slightly, 1 min.
- Season with **pepper**, to taste.



Prep

- Meanwhile, core, then cut **poblano** into ½-inch pieces.
- Thinly slice **green onions**, keeping **white** and **green parts** separate.
- Combine **soy sauce mirin blend**, **gochujang** and **2 tbsp water** (dbl for 4 ppl) in a small bowl.



Finish and serve

- Add **remaining sesame oil** to the pot with **rice**, then fluff **rice** with a fork.
- Drain and discard pickling liquid from the bowl with **radishes**.
- Divide **rice** between bowls. Top with **turkey mixture** and **pickled radishes**.
- Sprinkle **remaining green onions** over top.

Dinner Solved!