



Cal Smart Hainanese-Style Turkey

with Savoury Rice and Stir-Fried Veggies

Calorie Smart Spicy 30 Minutes



Turkey Breast Portions



Jasmine Rice



Shanghai Bok Choy



Sugar Snap Peas



Garlic Salt



Green Onions



Chili Garlic Sauce



Hoisin Sauce



Chicken Broth Concentrate



Garlic, cloves



Ginger

HELLO GREEN ONION

Another common name for this allium is scallion!

Start here

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

Bust out

Baking sheet, measuring spoons, medium pot, small pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Jasmine Rice	¾ cup	1 ½ cups
Shanghai Bok Choy	226 g	452 g
Sugar Snap Peas	113 g	227 g
Garlic Salt	1 tsp	2 tsp
Green Onions	2	4
Chili Garlic Sauce 🌶️	1 tbsp	2 tbsp
Hoisin Sauce	¼ cup	½ cup
Chicken Broth Concentrate	1	2
Garlic, cloves	1	2
Ginger	30 g	60 g
Oil*		
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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Prep

Add **broth concentrate**, **half the garlic salt** and **1 ¼ cups water** (dbl for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While **broth** comes to a boil, thinly slice **green onions**. Trim, then halve **snap peas**. Cut **bok choy** into 1-inch pieces. Peel, then mince or grate **garlic**. Peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl).



Stir-fry veggies

While **turkey** roasts, heat the same pan over medium-high. When hot, add **½ tsp oil** (dbl for 4 ppl), then **bok choy** and **snap peas**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 2-3 min. Add **garlic**. Cook, stirring often, until fragrant, 30 sec.



Cook rice

Once **broth** is 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.



Make ginger sauce

While **veggies** stir-fry, heat a small pot over medium heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **ginger**. Cook, stirring often, until fragrant, 1 min. Add **hoisin sauce**, **2 tbsp water** (dbl for 4 ppl) and **chili garlic sauce**. Cook, stirring often, until warmed through, 1-2 min. Remove the pot from heat. Cover and set aside.



Cook turkey

While **rice** cooks, pat **turkey** dry with paper towels. Season with **remaining garlic salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tsp oil** (dbl for 4 ppl), then **turkey**. Sear until golden-brown, 1-2 min per side. (**NOTE:** Don't overcrowd the pan! Sear turkey in batches, if needed, using ½ tsp oil for each batch!) Remove the pan from heat, then transfer **turkey** to an unlined baking sheet. Roast in the **middle** of the oven until cooked through, 10-12 min. **



Finish and serve

Fluff **rice** with a fork, then stir in **half the green onions**. Thinly slice **turkey**. Divide **rice** between plates, then top with **veggies** and **turkey**. Spoon **ginger sauce** over **turkey**. Sprinkle **remaining green onions** over top.

Dinner Solved!