



Cal Smart Hoisin-Ginger Turkey

with Savoury Rice and Stir-Fried Veggies

Calorie Smart

Spicy

30 Minutes



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Ground Turkey



Jasmine Rice



Sugar Snap Peas



Carrot



Garlic Salt



Green Onion



Ginger



Chili Garlic Sauce



Hoisin Sauce



Chicken Broth
Concentrate

HELLO GREEN ONION

Another common name for this allium is scallion!

Start here

Before starting, wash and dry all produce.

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

Bust out

Vegetable peeler, measuring spoons, strainer, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Jasmine Rice	¾ cup	1 ½ cups
Sugar Snap Peas	113 g	227 g
Carrot	170 g	340 g
Garlic Salt	1 tsp	2 tsp
Green Onion	1	2
Ginger	15 g	30 g
Chili Garlic Sauce 🌶️	1 tbsp	2 tbsp
Hoisin Sauce	¼ cup	½ cup
Chicken Broth Concentrate	1	2
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.

1



Cook rice

- Add **broth concentrate**, **half the garlic salt** and **1 cup** (2 cups) **water** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- Add **rice** to **boiling broth**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 14-16 min.
- Remove the pot from heat. Set aside, still covered.

4



Cook turkey

- Reheat the same pan over medium-high.
- When hot, add ½ **tsp** (1 tsp) **oil**, then **turkey**. Season with **remaining garlic salt** and **pepper**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**

2



Prep

- Meanwhile, thinly slice **green onions**.
- Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Trim **snap peas**.
- Peel, then mince or grate **1 tbsp** (2 tbsp) **ginger**.

5



Make ginger sauce

- Add **ginger** to the pan with **turkey**. Cook, stirring often, until fragrant, 1 min.
- Add ¼ **cup** (½ cup) **water**, **hoisin sauce** and **chili garlic sauce**. Cook, stirring often, until warmed through, 1-2 min.

3



Stir-fry veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tsp** (1 tsp) **oil**, then **carrots** and **2 tbsp** (4 tbsp) **water**. Cook, stirring occasionally, until **carrots** start to soften and water is absorbed, 3-4 min.
- Add **snap peas** and season with **salt** and **pepper**. Cook, stirring occasionally, until **veggies** are tender-crisp, 2-3 min.
- Remove from heat. Transfer **veggies** to a plate, then cover to keep warm.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice** between plates, then top with **veggies** and **turkey**. Spoon **any remaining sauce** from the pan over **turkey**.
- Sprinkle **remaining green onions** over top.

Dinner Solved!



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