



Cal Smart Spicy Ginger Turkey

with Savoury Rice and Stir-Fried Veggies

Calorie Smart

Spicy

30 Minutes



Turkey Breast Portions



Jasmine Rice



Shanghai Bok Choy



Sweet Bell Pepper



Garlic Salt



Green Onion



Ginger



Garlic, cloves



Chili Garlic Sauce



Hoisin Sauce



Chicken Broth Concentrate

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
Sweet Bell Pepper	160 g	320 g
Garlic Salt	1 tsp	2 tsp
Green Onion	2	4
Ginger	15 g	30 g
Garlic, cloves	1	2
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.

Contact

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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. Meanwhile, thinly slice **green onions**. Core, then cut **pepper** into ½-inch slices. Cut **bok choy** into 1-inch pieces. (TIP: Rinse bok choy leaves to wash away any hidden dirt!) Peel, then mince or grate **garlic**. Peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl).



Stir-fry veggies

Meanwhile, heat the same pan over medium-high. When hot, add **½ tsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring occasionally, until **peppers** start to soften, 2-3 min. Add **bok choy** and **garlic**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **veggies** are tender-crisp and **garlic** is fragrant, 1-2 min. Remove the pan from heat, then cover to keep warm.



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

Meanwhile, 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

Meanwhile, 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**, then **turkey**. (NOTE: Don't overcrowd the pan. Sear turkey in batches if needed, using ½ tsp oil per batch.) Sear until golden-brown, 1-2 min per side. Remove the pan from heat, then transfer **turkey** to an unlined baking sheet. Roast in the **middle** of the oven until cooked through, 12-14 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!