



Cal Smart Spicy Ginger Turkey

with Savoury Rice and Stir-Fried Veggies

Calorie Smart

Spicy

30 Minutes



Ground Turkey



Jasmine Rice



Shanghai Bok Choy



Carrot



Garlic Salt



Green Onion



Ginger



Chili Garlic Sauce



Hoisin Sauce



Chicken Broth Concentrate



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HELLO GREEN ONION

Another common name for this allium is scallion!

Start here

Before starting, wash and dry all produce.

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
Shanghai Bok Choy	226 g	452 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.

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1



Cook rice

- Add **broth concentrate**, **half the garlic salt** and **1 cup water** (dbl for 4 ppl) 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 the **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 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.
- Cut **bok choy** into 1-inch pieces. (TIP: Rinse bok choy leaves to wash away any hidden dirt!)
- Peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl).

5



Make ginger sauce

- Add **ginger** to the pan with **turkey**. Cook, stirring often, until fragrant, 1 min.
- Add **¼ cup water** (dbl for 4 ppl), **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 oil** (dbl for 4 ppl), then **carrots** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until **carrots** start to soften and **water** is absorbed, 3-4 min.
- Add **bok choy**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **veggies** are tender-crisp, 1-2 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!