



Cal Smart Bibimbap-Style Bowls

with Turkey and Spicy-Sweet Sesame Sauce

Calorie Smart

Optional Spice

30 Minutes



Minced Turkey



Zucchini



Carrot



Green Onions



Mushrooms



Sesame Oil



Soy Sauce



Black Sesame Seeds



Honey



Sriracha



Basmati Rice

HELLO SPICY-SWEET SESAME SAUCE

This nutty and flavourful Korean-style sauce elevates roasted veggies!

Start here

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

Heat Guide for Step 4 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp
- Extra-spicy: 2 tsp

Bust out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, medium pot, parchment paper, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Minced Turkey	250 g	500 g
Zucchini	200 g	400 g
Carrot	170 g	340 g
Green Onions	2	2
Mushrooms	113 g	227 g
Sesame Oil	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Black Sesame Seeds	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Sriracha 🌶️	1 tsp	2 tsp
Basmati Rice	¾ cup	1 ½ cups
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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Start rice

Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once 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.



Mix spicy-sweet sesame sauce

While **carrots** and **zucchini** roast, stir together **½ tbsp water** (dbl for 4 ppl), **half the honey**, **half the soy sauce** and **1 tsp sriracha** in a medium bowl. (NOTE: Reference heat guide.) Set aside.



Prep

While **rice** cooks, peel, then cut **carrot** lengthwise into ¼-inch slices, then into ¼-inch matchsticks. Cut **zucchini** in half lengthwise, then into ¼-inch half-moons. Halve **mushrooms**. Thinly slice **green onions**.



Cook turkey and mushrooms

Heat a large non-stick pan over medium-high heat. When hot, add **remaining sesame oil**, then **turkey** and **mushrooms**. Cook, breaking up **turkey** into smaller pieces, until **mushrooms** are tender and no pink remains in **turkey**, 5-6 min. ** Remove the pan from heat, then add **remaining soy sauce** and **remaining honey**. Season with **salt** and **pepper**, then stir to combine.



Roast veggies

Add **zucchini**, **carrots** and **half the sesame oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven until tender-crisp, 15-17 min.



Finish and serve

Fluff **rice** with a fork. Season with **salt**, then stir in **half the green onions** and **half the sesame seeds**. Divide **rice** between bowls, then top with **turkey mixture** and **veggies**. Drizzle with **spicy-sweet sesame sauce**, then sprinkle **remaining sesame seeds** and **remaining green onions over top**.

Dinner Solved!