



Calorie Smart Korean-Style BBQ Turkey

with Smashed Cucumber Salad and Ginger Rice

Calorie Smart

Optional Spice

30 Minutes



Turkey Breast Portions



Soy Sauce Mirin Blend



Gochujang



Sesame Oil



Garlic



Ginger



Mini Cucumber



Green Onions



Rice Vinegar



Jasmine Rice



Cornstarch

HELLO TURKEY

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Heat Guide for Step 3 (dbl for 4 ppl):

- Medium: 1 tsp
- Spicy: 2 tsp
- Extra-spicy: 1 tbsp

Bust out

Baking sheet, 2 medium bowls, measuring spoons, rolling pin, strainer, aluminum foil, medium pot, large bowl, measuring cups, grater, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Sesame Oil	1 tbsp	2 tbsp
Gochujang 🌶️	1 tbsp	2 tbsp
Ginger	30 g	60 g
Garlic	6 g	12 g
Green Onions	2	4
Mini Cucumber	198 g	396 g
Jasmine Rice	¾ cup	1½ cup
Rice Vinegar	1 tbsp	2 tbsp
Cornstarch	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Cook ginger rice

Peel, then mince or grate **ginger**. Bring **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) to a boil in a covered medium pot. Add **rice** and **half the ginger** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove pot from heat. Set aside, still covered.



Broil turkey

Transfer **turkey** to a foil-lined baking sheet, drizzling **remaining sauce** from the large bowl over top. Broil **turkey** in the **middle** of the oven, until cooked through, 6-8 min.**



Prep

While **rice** cooks, thinly slice **green onions**. Peel, then mince or grate **garlic**. Place **cucumbers** on a flat surface. Using a mallet, rolling pin, or heavy-bottomed pan, lightly pound **cucumbers** until they crack. Slice **smashed cucumbers** into ½-inch half moons, then season with **salt**. Set **cucumbers** in a strainer over a medium bowl to drain.



Make cucumber salad

Discard cucumber liquid from the bowl. Add **cucumber** to the medium bowl with **sauce**. Season with **salt** and **pepper**, then toss to coat.



Make sauce and prep turkey

Combine **remaining ginger**, **garlic**, **sesame oil**, **rice vinegar**, **soy sauce mirin blend** and **2 tsp gochujang** in another medium bowl. (**NOTE:** Reference heat guide.) Season with **salt** and **pepper**. Transfer **half the sauce** to a large bowl. Pat **turkey** dry with paper towels, then coat with **cornstarch**. Add **turkey** to the large bowl with **sauce**. Toss to coat completely.



Finish and serve

Thinly slice **turkey**. Divide **rice** and **cucumber salad** between plates. Top **rice** with **turkey**. Drizzle any **remaining sauce** from the medium bowl with **cucumbers** over **turkey** and **rice**. Sprinkle **green onions** over top.

Dinner Solved!