

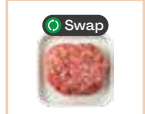


Caramelized Honey-Garlic Turkey and Noodles

with Snow Peas and Sesame Seeds

Spicy

20 Minutes



Ground Beef

250 g | 500 g

Customized Protein

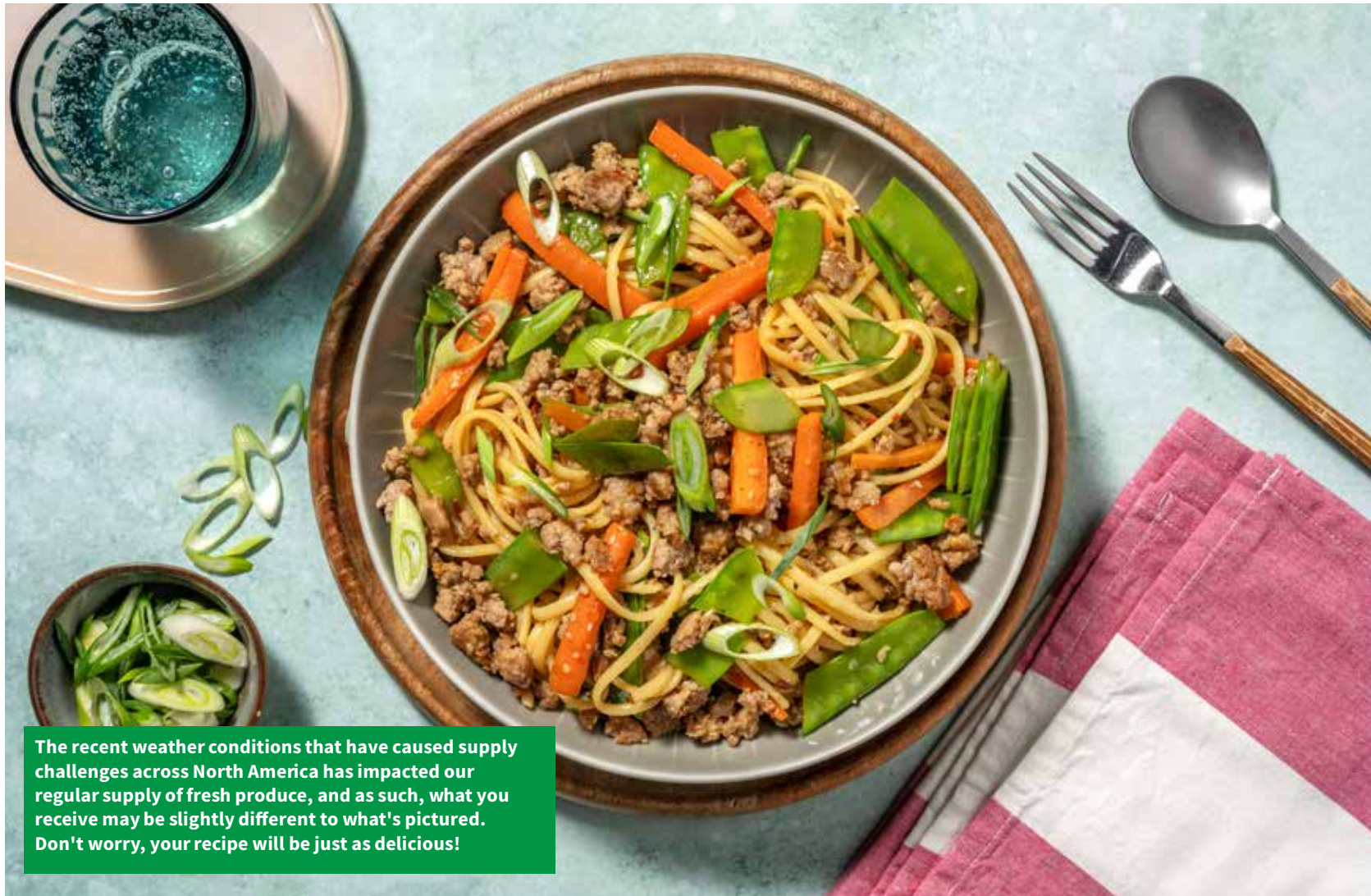
+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



The recent weather conditions that have caused supply challenges across North America has impacted our regular supply of fresh produce, and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Ground Turkey
250 g | 500 g



Carrot, julienned
56 g | 113 g



Snow Peas
113 g | 227 g



Honey-Garlic Sauce
4 tbsp | 8 tbsp



Soy Sauce
2 tbsp | 4 tbsp



Ginger-Garlic Puree
2 tbsp | 4 tbsp



Linguine
170 g | 340 g



Chili-Garlic Sauce
2 tbsp | 4 tbsp



Green Onion
1 | 2



Sesame Seeds
1 tbsp | 2 tbsp

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 linguine

- Before starting, add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.
- **Heat Guide for Step 2:**
 - Mild: ½ tbsp (1 tbsp)
 - Medium: 1 tbsp (2 tbsp)
 - Spicy: 1 ½ tbsp (3 tbsp)
 - Extra-Spicy: 2 tbsp (4 tbsp)
- Add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve ¼ cup (½ cup) **pasta water**, then drain and return **linguine** to the same pot, off heat.

2



Prep and make sauce mixture

Sub | Broccoli

- Meanwhile, trim, then diagonally halve **snow peas**.
- Thinly slice **green onion**.
- Heat a large non-stick pan over medium-high heat.
- Combine **honey-garlic sauce**, **soy sauce**, **ginger-garlic puree** and **1 tbsp** (2 tbsp) **chili-garlic sauce** in a small bowl. (**NOTE:** Reference heat guide.)

3



Toast sesame seeds and cook turkey

Swap | Ground Beef

- When the pan is hot, add **sesame seeds** to the dry pan.
- Toast, stirring often, until lightly golden, 1-2 min. (**TIP:** Keep your eye on sesame seeds so they don't burn!)
- Add ½ **tbsp** (1 tbsp) **oil** to the pan with **sesame seeds**, then **turkey**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Add **3 tbsp** (6 tbsp) of **sauce mixture**, then season with **salt** and **pepper**.
- Cook, stirring often, until **turkey** starts to caramelize, 2-3 min.
- Transfer to a plate.

4



Cook veggies

- Add **1 tbsp** (2 tbsp) **oil**, then **snow peas** and **carrots** to the same pan.
- Cook, stirring occasionally, until **veggies** slightly soften, 2-3 min. Season with **salt** and **pepper**, to taste.

5



Sauce noodles

- Increase heat to high.
- Add **turkey**, **noodles** and **remaining sauce mixture** to the pan.
- Cook, tossing occasionally, until **noodles** are coated and **veggies** are tender-crisp, 1-2 min. (**TIP:** Add 1 tbsp reserved pasta water at a time if noodles get too dry.)
- Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Divide **noodles** between bowls.
- Sprinkle **green onions** over top.

Measurements within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Prep and make sauce mixture

Sub | Broccoli

If you've received **broccoli**, cut into bite-sized pieces. Continue to follow the recipe as instructed, subbing **broccoli** in for **snow peas**. Then, increase pan-fry cook time to 5-6 min to ensure a tender-crisp bite.

3 | Toast sesame seeds and cook beef

Swap | Ground Beef

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **turkey****

