

HELLO Caramelized Honey-Garlic Turkey Noodles

with Snow Peas and Sesame Seeds

Spicy

20 Minutes





Customized Protein Add







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 降

250 g | 500 g







Ground Turkey



250 g | 500 g

Carrot, julienned 56 g | 113 g





Snow Peas

Honey-Garlic Sauce

113 g | 227 g



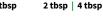








2 tbsp | 4 tbsp





Chow Mein Noodles 200 g | 400 g



Sauce 2 tbsp | 4 tbsp



Green Onion 1 | 2



1 tbsp | 2 tbsp



Allengens 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. Cooking utensils | Colander, measuring spoons, small bowl, measuring cups, large pot, large non-stick pan



Cook chow mein

- Before starting, add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl). Cover and 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 chow mein noodles to the boiling water. Cook uncovered, stirring occasionally, until tender, 1-2 min.
- Reserve ¼ cup (½ cup) noodle water. Drain noodles, then rinse under warm water.
- Return noodles to the same pot, off heat. Add
 2 tsp (4 tsp) oil, then gently toss to coat.
- Using a pair of scissors, make a few snips in the pot to cut up **noodles**.
- Set aside.



Prep and make sauce mixture

- 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.)



O Swap | Ground Pork

O Swap | Tofu

- 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 and is cooked through, 2-3 min.
- Transfer to a plate.



Finish and serve

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



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.



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 reserved noodle water, 1 tbsp at a time, if noodles get too dry.)
- Season with salt and pepper.



3 | Toast sesame seeds and cook

(2 tbsp)

oil

1 tbsp

3 | Toast sesame seeds and coo pork

O Swap | Ground Pork

Measurements

within steps

If you've opted to get **pork**, cook and plate in the same way the recipe instructs you to cook and plate the **turkey**.**

3 |Toast sesame seeds and cook tofu

O Swap | Tofu

If you've opted to get **tofu**, while the **sesame seeds** toast, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. Cook it in the same way the recipe instructs you to cook the **turkey**, until golden-brown all over, 6-7 min.