



# Carb Smart Spicy Turkey Stir-Fry

with Green Veggies and Hoisin

Carb Smart Spicy Quick 25 Minutes



Turkey Breast Portions



Soy Sauce



Hoisin Sauce



Sriracha



Green Beans



Sugar Snap Peas



Shallot



Sweet Bell Pepper



Garlic, cloves



Shanghai Bok Choy



Green Onions



Cornstarch

## HELLO HOISIN

A sweet and savoury sauce that adds an extra boost of flavour!

## Start here

Before starting, wash and dry all produce.

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

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

## Bust out

Measuring spoons, small bowl, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Soy Sauce	2 tbsp	4 tbsp
Hoisin Sauce	¼ cup	½ cup
Sriracha 🌶️	½ tsp	1 tsp
Green Beans	170 g	340 g
Sugar Snap Peas	113 g	227 g
Shallot	50 g	100 g
Sweet Bell Pepper	160 g	320 g
Garlic, cloves	2	4
Shanghai Bok Choy	226 g	452 g
Green Onions	1	2
Cornstarch	1 tbsp	2 tbsp
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.*

## Contact

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## 1 Prep

Cut **bok choy** into ½-inch pieces. Trim, then halve **green beans**. Trim **snap peas**. Core, then cut **pepper** into ¼-inch slices. Peel, then cut **shallot** into ¼-inch slices. Peel, then mince or grate **garlic**. Thinly slice **green onion**.



## 4 Make spicy hoisin sauce

While **veggies** cook, combine **hoisin sauce**, **soy sauce**, **cornstarch**, **3 tbsp water** (dbl for 4 ppl) and **½ tsp sriracha** in a small bowl. (NOTE: Reference heat guide.)



## 2 Cook turkey

Pat **turkey** dry with paper towels, then cut into ½-inch strips. Heat a large non-stick pan over medium-high heat. When hot, add **turkey**, then season with **salt** and **pepper**. Cook until golden-brown and cooked through, 6-8 min. \*\* Transfer **turkey** to a plate and cover to keep warm.



## 5 Finish stir-fry

Add **spicy hoisin sauce** and **turkey**, along with any **juices** on the plate, to the pan with **veggies**. Reduce heat to medium. Cook, stirring often, until **sauce** thickens slightly, 2-3 min. Season with **salt** and **pepper**, to taste.



## 3 Cook veggies

Heat the same pan over medium high. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **snap peas**, **green beans**, **bok choy**, **peppers**, **shallots** and **garlic**. Cook, stirring often, until **veggies** are tender-crisp, 5-6 min.



## 6 Finish and serve

Divide **stir-fry** between plates. Sprinkle **green onions** over top.

## Dinner Solved!