



Easy Sweet-Chili Turkey and Veggie Stir-Fry

with Crispy Shallots

Family Friendly

Spicy

30 Minutes



Ground Turkey



Carrot, julienned



Bok Choy, chopped



Onion, sliced



Snow Peas



Jasmine Rice



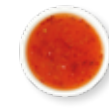
Sesame Oil



Soy Sauce



Crispy Shallots



Sweet Chili Sauce



Thai Seasoning

HELLO GROUND TURKEY

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

Start here

- Before starting, 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.
- Wash and dry all produce.

Bust out

Medium bowl, measuring spoons, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Carrot, julienned	56 g	113 g
Bok Choy, chopped	113 g	227 g
Onion, sliced	56 g	113 g
Snow Peas	113 g	227 g
Jasmine Rice	¾ cup	1 ½ cups
Sesame Oil	1 tbsp	2 tbsp
Soy Sauce	2 tbsp	4 tbsp
Crispy Shallots	28 g	56 g
Sweet Chili Sauce 🌶️	2 tbsp	4 tbsp
Thai Seasoning	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



Cook rice

Add **rice** to the **boiling water**. Reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.

2



Prep

While **rice** cooks, trim, then halve **snow peas**.

3



Cook turkey

Heat a large non-stick pan over medium-high heat. When hot, add **half the sesame oil**, then **turkey** and **Thai Seasoning**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 5-7 min. ** Season with **salt** and **pepper**. Transfer to a medium bowl.

4



Cook veggies

Add **remaining sesame oil** to the same pan, then **onions** and **carrots**. Cook, stirring often, until **veggies** begin to soften, 2-3 min. Add **bok choy** and **peas**. Cook, stirring often, until **all veggies** are tender-crisp, 2-3 min. Season with **salt** and **pepper**. Add **turkey** and **any juices** from the plate to the pan with **veggies**.

5



Finish stir-fry

Add **soy sauce** and **half the sweet chili sauce** to the pan with **turkey-veggie mixture**. Cook, stirring constantly, until **sauce** thickens slightly, 2-3 min. Remove the pan from heat.

6



Finish and serve

Fluff **rice** with a fork. Divide **rice** between plates, then top with **turkey stir-fry**. Drizzle with **remaining sweet chili sauce**, if desired. Sprinkle **crispy shallots** over top.

Dinner Solved!