



Honey Ginger Turkey

Stir-fry with Green Beans on Garlic Rice

PRONTO 35 Minutes



Turkey Strips



Jasmine Rice



Green Beans



Sugar Snap Peas



Ginger



Garlic



Honey



Soy Sauce



Garlic Salt



Cornstarch

HELLO GINGER-INFUSED

Simple ingredients like ginger create impressive flavours!

Start Strong

Before starting, wash and dry all produce.

Bust Out

Large Non-Stick Pan, Medium Pot, Paper Towels, Medium Bowl, Measuring Cups, Measuring Spoons

Ingredients

	2 Person	4 Person
Turkey Strips	340 g	680 g
Jasmine Rice	¾ cup	1 ½ cup
Green Beans	170 g	340 g
Sugar Snap Peas	113 g	227 g
Ginger	30 g	60 g
Garlic	3 g	6 g
Honey	2 tbsp	¼ cup
Soy Sauce	2 tbsp	¼ cup
Garlic Salt	1.5 tsp	3 tsp
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.



1. COOK GARLIC RICE

Peel, then mince or grate **garlic** (dbl for 4ppl). Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **garlic**, **half the garlic salt** and **rice**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ½ cups water** (2 ½ cups for 4 ppl) and bring to a boil. Once boiling, reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



2. PREP

Cut stems off **green beans**, then cut in half. Cut stems off **snap peas**. Peel, then mince or grate **1 tbsp ginger** (dbl for 4ppl). Pat **turkey** dry with paper towels then cut **strips** into 1-inch pieces. Sprinkle with **remaining garlic salt**. Season with **pepper**.



3. COOK VEGGIES

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **green beans** and **snap peas**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt** and **pepper**. Remove the pan from the heat and transfer **green bean mixture** to a plate.



4. COOK TURKEY

Heat the same pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **turkey**. Cook, stirring occasionally, until browned, 5-6 min.** Add **ginger** and cook, stirring often, until fragrant, 1 min.



5. FINISH STIR-FRY

While **turkey** cooks, whisk together **honey**, **soy sauce**, **cornstarch** and **½ cup water** (dbl for 4 ppl) in a medium bowl. Add **honey mixture** to pan with **turkey**, toss to combine. Stir in **green bean mixture**. Cook until **sauce** thickens slightly and coats **turkey** and **veggies**, 1-2 min.



6. FINISH AND SERVE

Fluff **rice** with a fork. Divide **rice** among plates. Top with **turkey** and **veggies**. Spoon over any **remaining sauce** from the pan.

Dinner Solved!

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