



Honey-Soy Turkey Meatball Stir Fry

with Rice and Sriracha

Optional Spice

Quick

25 Minutes



Ground Turkey



Honey



Soy Sauce



Garlic Puree



Jasmine Rice



Carrot, julienned



Shanghai Bok Choy



Moo Shu Spice Blend



Cornstarch



Onion, chopped



Panko Breadcrumbs



Sriracha

HELLO HONEY

A naturally sweet ingredient that's a great sugar alternative!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, aluminum foil, medium pot, large bowl, measuring cups, large non-stick pan, small bowl

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Honey	2 tbsp	4 tbsp
Soy Sauce	2 tbsp	4 tbsp
Garlic Puree	1 tbsp	2 tbsp
Jasmine Rice	¾ cup	1 ½ cups
Carrot, julienned	113 g	226 g
Shanghai Bok Choy	226 g	452 g
Moo Shu Spice Blend	1 tbsp	2 tbsp
Cornstarch	1 tbsp	2 tbsp
Onion, chopped	56 g	113 g
Panko Breadcrumbs	¼ cup	½ cup
Sriracha 🌶️	2 tsp	4 tsp
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.

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Cook rice and prep

- 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.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.
- Meanwhile, cut **bok choy** into ½-inch pieces.



Start stir-fry

- Meanwhile, reheat the same pan over medium-high.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **bok choy** and **onions**. Cook, stirring often, until tender-crisp, 4-5 min.
- Add **carrots**, then sprinkle **remaining Moo Shu Spice Blend** over top. Cook, stirring often until **carrots** are tender, 1 min.



Assemble meatballs

- Add **turkey, panko, ½ tsp salt** (dbl for 4 ppl), **half the garlic puree** and **half the Moo Shu Spice Blend** to a large bowl. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!) Season with **salt** and **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).



Finish stir-fry

- Combine **honey, soy sauce, remaining garlic puree, cornstarch** and **1 ¼ cups water** (dbl for 4 ppl) in a small bowl.
- Add **cornstarch mixture** to the pan with **veggies**. Cook, stirring often, until **veggies** are coated and **sauce** thickens slightly, 2-3 min.
- Add **meatballs** and **any juices** from the baking sheet to the pan with **veggies and sauce**. Toss to combine.



Cook meatballs

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **meatballs**. Sear, turning often, until golden-brown on all sides, 2-4 min.
- Remove the pan from heat and transfer **meatballs** to a foil-lined baking sheet.
- Roast in the **middle** of the oven until cooked through, 4-5 min.**



Finish and serve

- Fluff **rice** with a fork. Season with **salt**, to taste.
- Divide **rice** between bowls, then top with **honey-soy turkey meatball stir-fry**.
- Drizzle **sriracha** over top, if desired.

Dinner Solved!