



# SAUCY TURKEY STIR-FRY

with Sugar Snap Peas and Carrots

FAMILY



## HELLO TURKEY

Who says turkey is only for Thanksgiving? This turkey stir-fry is delicious on any night.

TIME: 35 MIN



Turkey Scallopine



Jasmine Rice



Sugar Snap Peas



Garlic



Green Onions



Hoisin-Soy Sauce Blend



Cornstarch



Ginger



Carrot



Moo Shu Spice Blend

## BUST OUT

- Medium Pot
- Garlic Press
- Baking Sheet
- Peeler
- Measuring Cups
- Large Non-Stick Pan
- Small Bowl
- Whisk
- Measuring Spoons
- Salt and Pepper
- Paper Towels
- Olive or Canola Oil

## INGREDIENTS

4-person

- Turkey Scallopine 680 g
- Jasmine Rice 1 ½ cup
- Sugar Snap Peas 227 g
- Garlic 6 g
- Green Onions 2
- Hoisin-Soy Sauce Blend 1,4,8,9 ¼ cup
- Cornstarch 9 2 tbsp
- Ginger 30 g
- Carrot 340 g
- Moo Shu Spice Blend 1 tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 74°C/165°F.



## START STRONG



Preheat the oven to **450°F** (to roast turkey). Start prepping when the oven comes up to temperature!



**1 COOK RICE**  
Wash and dry all produce.\* Peel, then finely grate **ginger**. Heat a medium pot over medium heat. When the pot is hot, add **1 tbsp oil**, then **ginger**. Cook, stirring often, until fragrant, 1-2 min. Add **rice** and **2 ½ cups water**. Bring to a boil over high heat. Once boiling, reduce the heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



**4 PREP**  
Meanwhile, peel, then cut **carrot** in half, lengthwise, then into ½-inch thick half moons. Thinly slice **green onions**. Cut stems off **sugar snap peas**. Peel, then mince or grate **garlic**. In a small bowl, whisk together **cornstarch**, **hoisin-soy blend** and **1 ½ cup water**.



**2 START TURKEY**  
Meanwhile, pat **turkey** dry with paper towels, then sprinkle over **half the Moo Shu spice blend**. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then **turkey**. Cook, until golden-brown, 1-2 min per side.



**5 FINISH STIR-FRY**  
Heat the same pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then **carrots**. Cook, stirring often, until tender-crisp, 2-3 min. Add **snap peas**, **garlic** and **remaining ginger**. Continue cooking, stirring often, until tender-crisp, 1 min. Add **cornstarch mixture** and **remaining Moo Shu spice blend**. Cook, stirring often, until thickened, 2-3 min. Season with **salt** and **pepper**.



**3 ROAST TURKEY**  
Remove pan from the heat, then transfer **turkey** to a baking sheet. Roast, in **middle** of oven, until cooked through, 8-10 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.\*\*)



**6 FINISH AND SERVE**  
Slice **turkey**. Fluff **rice** with a fork, then season with **salt** and stir in **half the green onions**. Divide **rice** between bowls then, top with **turkey** and **stir-fry**. Sprinkle over **remaining green onions**.

## COLOURFUL!

Enjoy the colourful veggies on this dish!