

SESAME TURKEY RAMEN BOWL

with DIY Dashi Broth





HELLO DIY DASHI

Enoki mushrooms, soy and fish sauce combine to accentuate a savory flavour called umami



Minced Turkey



Ramen Noodles



Soy Sauce



Fish Sauce



Enoki Mushrooms



Shanghai Bok Choy





TOTAL: 30 MIN PREP: 10 MIN

CALORIES: 750

Black Sesame Seeds

Green Onions

Garlic

Radishes

Ginger

Chicken Broth Concentrate

BUST OUT

- Garlic Press
- Measuring Spoons
- Large Non-Stick Pan
- Large Pot
- Salt and Pepper
- Measuring Cups
- · Olive or Canola oil

INGREDIENTS -				
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Minced Turkey	250 g		500 g	
• Ramen Noodles 1,3	240 g	I	480 g	
• Soy Sauce 1,4	2 tbsp	I	4 tbsp	
• Fish Sauce 0	2 tsp	I	4 tsp	
Enoki Mushrooms	100 g	I	200 g	
Shanghai Bok Choy	200 g	I	400 g	
• Black Sesame Seeds 8	2 tbsp	I	4 tbsp	
Green Onions	2	I	4	
• Garlic	10 g	I	20 g	
• Radishes	56 g	I	113 g	
• Ginger	30 g	I	60 g	
Chicken Broth Concentrate	1	I	2	

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 sova, les sulfites, les noix et le blé.

- O Seafood/Fruit de Mer 6 Mustard/Moutarde
- 1 Wheat/Blé
- 7 Peanut/Cacahuète
- 2 Milk/Lait 3 Egg/Oeuf
- 8 Sesame/Sésame 9 Sulphites/Sulfites

- 5 Tree Nut/Noix

^{**}Cuire jusqu'à une température interne



START STRONG



Peel ginger using a spoon's edge — you'll be able to maneuver around the knobbly bits more easily!



PREP Wash and dry all produce.* Peel, then zest or grate 1 tbsp ginger (dbl for 4 ppl). Mince or grate the **garlic**. Cut and discard 1-inch off the root end of the **enoki mushrooms**. Thinly slice the green onions. Thinly slice the radish into 1/8-inch matchsticks. Cut the bok **choy** into 1-inch pieces.

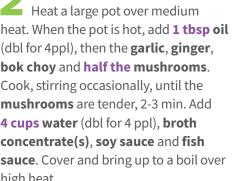
FINISH AND SERVE

Add the ramen noodles and

remaining mushrooms to the boiling



START BROTH Heat a large pot over medium heat. When the pot is hot, add 1 tbsp oil (dbl for 4ppl), then the garlic, ginger, bok choy and half the mushrooms. Cook, stirring occasionally, until the mushrooms are tender, 2-3 min. Add 4 cups water (dbl for 4 ppl), broth concentrate(s), soy sauce and fish **sauce**. Cover and bring up to a boil over high heat.





TAKE IT TO THE NEXT **LEVEL. HERE IS A QUICK HELLOFRESH HACK:**

If you have eggs at home, in a small pot, add 3 cups water. Cover and bring to a boil over high heat. Once boiling, reduce the heat to medium-low (or simmering). Add 2 eggs. Cook for 7 min for a runny yolk or 9 min for a set yolk.



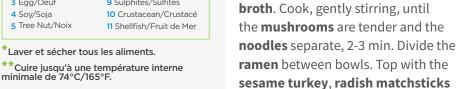
COOK TURKEY Meanwhile, heat a large non-stick pan over medium-high heat. When pan is hot, add 1 tbsp oil (dbl for 4 ppl), then the turkey. Cook, breaking up turkey into smaller pieces, until no pink remains, 4-5 min. (TIP: Cook to a min. internal temp. of 74°C/165°F.**) Sprinkle over **sesame** seeds. Toast, stirring together, 1-2 min. Remove from heat and set aside.



Remove the pot form the heat and carefully using a slotted spoon, remove the eggs from water. Run eggs under cold water, 1 min. Peel and cut egg in half. Serve on top of Ramen.

DELICIOUS!

Grab the chopsticks and dont forget to slurp up every last drop of broth!



and green onion.