



Smart Ginger Turkey Meatballs

with Sesame Veggie Stir-Fry

Carb Smart

Calorie Smart

Spicy

Quick

25 Minutes



Issue with your meal?
Scan the QR code to
share your feedback.



Ground Turkey



Double Ground Turkey



Carrot



Green Onion



Ginger



Panko Breadcrumbs



Sesame Seeds



Hoisin Sauce



Sweet Chili Sauce



Chili-Garlic Sauce



Cornstarch



Snow Peas



Shanghai Bok Choy

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO SESAME SEEDS

These little seeds explode with flavour when toasted!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Heat Guide for Step 3:

- Mild: **½ tsp** (1 tsp)
- Medium: **1 tsp** (2 tsp)
- Spicy: **1 ½ tsp** (1 tbsp)
- Extra-spicy: **2 tsp** (4 tsp)

Bust out

Baking sheet, 2 medium bowls, measuring spoons, parchment paper, vegetable peeler, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Double Ground Turkey	500 g	1000 g
Carrot	1	2
Green Onion	2	4
Ginger	30 g	60 g
Panko Breadcrumbs	¼ cup	½ cup
Sesame Seeds	1 tbsp	2 tbsp
Hoisin Sauce	¼ cup	½ cup
Sweet Chili Sauce 🍷	2 tbsp	4 tbsp
Chili-Garlic Sauce 🍷	1 tbsp	2 tbsp
Cornstarch	1 tbsp	2 tbsp
Snow Peas	56 g	113 g
Shanghai Bok Choy	2	4
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.

1



Form and bake meatballs

- Peel, then mince or grate **1 tbsp** (2 tbsp) **ginger**.
- Line a baking sheet with parchment.
- Add **turkey, panko, half the ginger** and **¼ tsp** (½ tsp) **salt** to a medium bowl. Season with **pepper**, then combine.
- With wet hands, roll **mixture** into **10 equal-sized meatballs** (20 meatballs for 4 ppl).
- Arrange on the prepared sheet. Bake in the **middle** of the oven until **meatballs** are cooked through, 10-12 min. **

If you've opted for **double turkey**, add an **extra ¼ tsp** (½ tsp) **salt** to the **turkey mixture**. Roll into **20 equal-sized meatballs** (40 meatballs for 4 ppl).

4



Cook veggies

- Reheat the same pan over medium-high.
- When hot, add **carrots** and **¼ cup** (½ cup) **water**. Cook, stirring often, until **carrots** are tender-crisp and **water** is absorbed, 3-5 min.
- Add **½ tbsp** (1 tbsp) **oil**, then **snow peas** and **bok choy**. Cook, stirring often, until **all veggies** are tender-crisp, 2-3 min.
- Remove from heat, then add **half the sesame seeds**. Season with **salt** and **pepper**, to taste, then toss to coat.
- Transfer **veggies** to a plate, then cover to keep warm.

2



Toast sesame seeds

- Meanwhile, heat a large non-stick pan over medium heat.
- Add **sesame seeds** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!)
- Remove from heat.
- Transfer **sesame seeds** to a plate.

5



Cook sauce

- When **veggies** and **meatballs** are done, reheat the same pan over medium.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **remaining ginger**. Stir until fragrant, 30 sec.
- Add **sauce mixture**. Bring to a gentle boil. Once boiling, cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Add **meatballs** to the pan with **sauce**. Toss to coat. (**TIP:** If you prefer a lighter sauce, add more water, 1 tbsp at a time!)

3



Prep

- Thinly slice **green onions**.
- Trim, then halve **snow peas**.
- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Cut **bok choy** into 1-inch pieces. (**TIP:** Rinse bok choy leaves to wash away any hidden dirt!)
- Whisk together **hoisin sauce, sweet chili sauce, half the cornstarch** (use all for 4 ppl), **¾ cup** (1 ¼ cups) **water** and **1 tsp** (2 tsp) **chili-garlic sauce** in another medium bowl. (**NOTE:** Reference heat guide.)

6



Finish and serve

- Divide **veggies** between bowls. Top with **meatballs** and **any remaining sauce** from the pan.
- Sprinkle **remaining green onions** and **remaining sesame seeds** over top.
- Drizzle **any remaining chili-garlic sauce** over top, if desired.

Dinner Solved!



Issue with your meal?
Scan the QR code to
share your feedback.