



# Smart Sesame Turkey Patties

## with Wild Rice Medley and Marinated Cucumbers

Calorie Smart

Carb Smart

Spicy

30 Minutes



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Ground Turkey



Wild Rice Medley



Shanghai Bok Choy



Mini Cucumber



Green Onion



Ginger-Garlic Puree



Soy Sauce



Sesame Seeds



White Wine Vinegar



Sriracha

HELLO SESAME SEEDS

*These little seeds explode with flavour when toasted!*

## Start here

Before starting, wash and dry all produce.

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

## Bust out

2 Medium bowls, measuring spoons, strainer, medium pot, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Wild Rice Medley	½ cup	1 cup
Shanghai Bok Choy	226 g	452 g
Mini Cucumber	66 g	132 g
Green Onion	2	4
Ginger-Garlic Puree	2 tbsp	4 tbsp
Soy Sauce	1 tbsp	2 tbsp
Sesame Seeds	1 tbsp	2 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Sriracha 🌶️	2 tsp	4 tsp
Sugar*	⅙ tsp	⅙ 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.*

1



### Cook rice medley

- Add **wild rice medley**, **half the ginger-garlic puree**, **1 cup** (2 cups) **water** and **¼ tsp** (½ tsp) **salt** to a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 16-18 min.
- Remove the pot from heat. Set aside, still covered.

4



### Cook patties

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil**, then **patties**. (**NOTE:** For 4 ppl, cook patties in batches, using 1 tbsp oil per batch.) Pan-fry until **sesame seeds** are toasted and **patties** are cooked through, 3-4 min per side. **\*\* (TIP:** Reduce heat to medium-low if patties are browning too quickly.)
- Transfer **patties** to a plate. Cover to keep warm.

2



### Prep and marinate cucumbers

- Separate **bok choy leaves**. Place in a strainer and rinse under cool water. Pat dry with paper towels, then cut **stems** into 1-inch pieces.
- Thinly slice **cucumber** into rounds.
- Thinly slice **green onions**.
- Add **cucumbers**, **half the green onions**, **vinegar** and a **pinch of sugar** to a medium bowl. Season with **salt** and **pepper**, then stir to combine.

5



### Cook bok choy

- Add **½ tbsp** (1 tbsp) **oil**, then **bok choy stems** to the same pan. Cook, stirring often, until tender-crisp, 2-3 min.
- Add **bok choy leaves** and **remaining ginger-garlic puree**. Cook, stirring often until **stems** are tender and **leaves** wilt, 1-2 min.
- Remove from heat. Season with **salt** and **pepper**, to taste.

3



### Form and coat patties

- Add **turkey**, **soy sauce** and **⅛ tsp** (¼ tsp) **salt** to another medium bowl. Season with **pepper**, then combine.
- Using wet hands, form **mixture** into eight 2-inch-wide patties (16 patties for 4 ppl).
- Sprinkle **sesame seeds** over tops of **patties**. Press to adhere.

6



### Finish and serve

- Fluff **rice** with a fork. Stir in **remaining green onions**.
- Divide **rice** between bowls.
- Top with **patties**, **bok choy** and **marinated cucumbers**.
- Drizzle **sriracha** over top.

**Dinner Solved!**



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