



Smart Turkey 'Pad Krapow'

with Sautéed Cabbage and Carrots

Carb Smart

Calorie Smart

Spicy

Quick

25 Minutes



Ground Turkey



Lime



Red Chili Pepper



Coleslaw Cabbage Mix



Brown Sugar



Ginger



Soy Sauce



Sugar Snap Peas



Garlic, cloves



Shallot



Basil

HELLO BASIL

This versatile herb has a citrusy twist!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

Bust out

Measuring spoons, box grater, aluminum foil, large bowl, large non-stick pan, zester

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Lime	1	2
Red Chili Pepper 🌶️	1	2
Coleslaw Cabbage Mix	340 g	680 g
Brown Sugar	2 tbsp	4 tbsp
Ginger	30 g	30 g
Soy Sauce	1 tbsp	2 tbsp
Sugar Snap Peas	113 g	227 g
Garlic, cloves	2	4
Shallot	50 g	100 g
Basil	7 g	14 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

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Prep

- Peel, then finely chop **shallot**.
- Trim, then halve **snap peas**.
- Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl).
- Peel, then finely mince or grate **garlic**.
- Zest **lime**, then cut into wedges.
- Finely chop **chili**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping chilis!)



Finish turkey

- Reduce heat to medium, then sprinkle **brown sugar** over **turkey mixture**. Cook, stirring often, until **turkey mixture** is dark golden-brown, 2-3 min.
- Stir in **lime zest, soy sauce** and **2 tbsp water** (dbl for 4 ppl).
- Cook, stirring often, scraping up any browned bits from bottom of the pan, 1 min.



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **snap peas** and **coleslaw cabbage mix**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Transfer **veggies** to a large bowl, then cover with foil to keep warm.



Finish and serve

- Divide **veggies** between plates. Top with **turkey mixture**.
- Tear **basil** over top.
- Squeeze a **lime wedge** over top, if desired.

Dinner Solved!



Start turkey

- Add **1 tbsp oil** (dbl for 4 ppl) to the same pan, then **shallots, ginger, garlic** and **½ tsp chilis**. (**NOTE:** Reference heat guide.)
- Cook, stirring often, until fragrant, 1 min.
- Add **turkey**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. **