



Speedy Sesame-Teriyaki Turkey Bowls

with Carrots and Edamame Rice

Family Friendly

Optional Spice

Quick

25 Minutes



Ground Turkey



Teriyaki Sauce



Soy Sauce



Carrot, julienned



Onion, chopped



Jasmine Rice



Moo Shu Spice Blend



Edamame



Sesame Oil



Sriracha



Bok Choy, chopped

HELLO SESAME SEEDS

These little seeds explode with flavour when toasted!

Start here

- Before starting, add 1 ¼ cups water and ½ tsp salt (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Teriyaki Sauce	4 tbsp	8 tbsp
Soy Sauce	1 tbsp	2 tbsp
Carrot, julienned	56 g	113 g
Onion, chopped	56 g	113 g
Jasmine Rice	¾ cup	1 ½ cups
Moo Shu Spice Blend	1 tbsp	2 tbsp
Edamame	56 g	113 g
Sesame Oil	1 tbsp	2 tbsp
Sriracha 🌶️	2 tsp	4 tsp
Bok Choy, chopped	113 g	227 g
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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

Facebook Instagram Twitter Pinterest @HelloFreshCA



Cook rice

Add **rice** and **edamame** to the **boiling water**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Start stir-fry

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **sesame oil**, then **turkey** and **Moo Shu Spice Blend**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.** Season with **salt** and **pepper**. Add **soy sauce**. Cook, stirring often, until slightly thickened, 1-2 min.



Finish stir-fry

Add **carrots**, **onions** and **bok choy**. Cook, stirring often, until **veggies** are tender-crisp, 3-4 min. Add **teriyaki sauce** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring often, until **sauce** coats **turkey**, 2-3 min. Season with **salt** and **pepper**, to taste, then stir to combine.



Finish and serve

Fluff **rice** with a fork. Divide **rice** between bowls, then top with **turkey stir-fry**. Drizzle with **sriracha**, if desired.

Dinner Solved!