



# Spicy General Tso-Style Turkey Meatballs

with Sesame Broccoli and Ginger Rice

Spicy

30 Minutes



Ground Turkey



Jasmine Rice



Broccoli, florets



Green Onion



Ginger



Panko Breadcrumbs



Sesame Seeds



Hoisin Sauce



Sweet Chili Sauce



Chili Garlic Sauce



Cornstarch

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.

### Heat Guide for Step 5 (dbl for 4 ppl):

- Mild: ½ tsp
- Spicy: 1 ½ tsp
- Medium: 1 tsp
- Extra-spicy: 2 tsp

## Bust out

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

## Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Jasmine Rice	¾ cup	1 ½ cups
Broccoli, florets	227 g	454 g
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
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.*

## Contact

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## 1 Prep and season broccoli

- Cut **broccoli** into bite-sized pieces.
- Thinly slice **green onions**.
- Peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl).
- Line a baking sheet with parchment.
- Add **broccoli** and **1 tbsp oil** (dbl for 4 ppl) to one side of the prepared baking sheet. Season with **salt and pepper**, then toss to coat.



## 4 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 the pan from heat and transfer **sesame seeds** to a plate.



## 2 Cook ginger rice

- Heat a medium pot over medium heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice** and **half the ginger**. Cook, stirring often, until fragrant, 1-2 min.
- Add **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) and bring to a boil over high.
- Once boiling, 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.



## 5 Cook sauce

- Whisk together **hoisin sauce**, **sweet chili sauce**, **cornstarch**, **¾ cup water** (dbl for 4 ppl) and **1 tsp chili garlic sauce** in another medium bowl. (**NOTE:** Reference heat guide for chili garlic sauce).
- Heat the same pan over medium. When hot, 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 Bake meatballs and broccoli

- Meanwhile, add **turkey**, **panko**, **remaining ginger** and **¼ tsp salt** (dbl for 4 ppl) to a medium bowl. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!) Season with **pepper**, then combine.
- With wet hands, roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).
- Arrange **meatballs** on the other side of the baking sheet with **broccoli**.
- Bake in the **middle** of the oven until **broccoli** is tender-crisp and **meatballs** are cooked through, 10-12 min.\*\*



## 6 Finish and serve

- Sprinkle **sesame seeds** over **broccoli**.
- Fluff **rice** with a fork. Stir in **half the green onions** and season with **salt**, to taste.
- Divide **rice** between plates. Top with **broccoli**, **meatballs** and **any remaining sauce** from the pan.
- Sprinkle **remaining green onions** over top.

## Dinner Solved!