



Sweet Chili and Sesame Turkey

with Garlic Rice and Bok Choy

FAMILY 35 Minutes



Turkey Strips



Cornstarch



Jasmine Rice



Sweet Chili Sauce



Sesame Seeds



Garlic



Green Peas



Shanghai Bok Choy

HELLO BOK CHOY

Comes from the Chinese cabbage family!

Start Strong

Before starting, wash and dry all produce.

Plunge bok choy into a bowl of cool water to wash away any grit.

Bust Out

Garlic Press, 2 Large Bowls, Large Non-Stick Pan, Measuring Cups, Medium Pot, Paper Towels, Shallow Dish, Small Bowl, Measuring Spoons

Ingredients

	4 Person
Turkey Strips	680 g
Cornstarch	2 tbsp
Jasmine Rice	1 ½ cup
Sweet Chili Sauce	¼ cup
Sesame Seeds	1 tbsp
Garlic	12 g
Green Peas	¾ cup
Shanghai Bok Choy	400 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 our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1. COOK RICE

Peel, then mince or grate the **garlic**. Heat a medium pot over medium heat. When hot, add **1 tbsp oil**, then **half the garlic** and **rice**. Cook, stirring often, until fragrant, 1 min. Add **2 ½ cups water** and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



4. COOK TURKEY

Add **1 tbsp oil** to the same pan, then **half the turkey**. Cook, flipping once halfway through, until golden and cooked through, 4-5 min.** Transfer to another large bowl and cover to keep warm. Repeat with another **1 tbsp oil** and the **remaining turkey**.



2. PREP TURKEY

While **rice** cooks, pat the **turkey** dry with paper towels, then season with **salt** and **pepper**. Combine the **sesame seeds** and **cornstarch** in a large bowl. Add **turkey** and stir to coat completely. Set aside.



5. MAKE GARLIC OIL

Heat the same pan over medium heat. When hot, add **1 tbsp oil**, then **garlic**. Cook, stirring often, until fragrant, 30 sec. Remove from heat. Transfer **garlic oil** to a small bowl.



3. COOK BOK CHOY

Cut **bok choy** in half lengthwise. Heat a large non-stick pan over medium-high heat. When hot, add **bok choy**, **½ tbsp oil** and **¼ cup water**. Cook, **covered**, flipping once halfway through cooking, until tender, 5-6 min. Season with **salt** and **pepper**. Set aside on a plate and cover to keep warm.



6. FINISH AND SERVE

Add **sweet chili sauce** to the bowl with **turkey**. Stir to coat **turkey**. Fluff **rice** with a fork, then season with **salt**. Stir in **peas** to warm through. Divide **rice** between plates. Top with **turkey**. Divide **bok choy** between plates, then drizzle over **garlic oil**.

Dinner Solved!