



Teriyaki Turkey Bowls

with Stir-Fried Veggies and Garlic Sesame Rice

Quick

20 Minutes

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or

*2 Double

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 Ground Beef 250 g 500 g	 Tofu 1 2
 Ground Turkey 250 g 500 g	 Jasmine Rice ¾ cup 1 ½ cup
 Sweet Bell Pepper 1 2	 Sesame Seeds 1 tbsp 2 tbsp
 Garlic Puree 1 tbsp 2 tbsp	 Teriyaki Sauce 4 tbsp 8 tbsp
 Cornstarch ¼ tbsp 1 tbsp	 Soy Sauce 1 tbsp 2 tbsp
 Green Onion 2 2	 Vegetable Mix 170 g 340 g

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.

Pantry items | Oil*, salt*, pepper*

Cooking utensils | Medium bowl, measuring spoons, medium pot, measuring cups, whisk, large non-stick pan

1



Prep

- Before starting, wash and dry all produce.
- Thinly slice **green onions**.
- Core, then cut **pepper** into ½-inch pieces.

2



Cook garlic sesame rice

- Heat a medium pot over medium heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **garlic puree**, **rice** and **half the sesame seeds**.
- Cook, stirring often, until fragrant, 1-2 min.
- Add **1 ¼ cups** (2 ½ cups) **water** 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.

3



Cook veggies

- While **rice** cooks, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 **tbps**) **oil**, then **peppers**.
- Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**.
- Add **veggie mix**. Cook until softened, 2-3 min.
- Remove the pan from heat. Transfer **veggies** to a plate and cover to keep warm.

4



Make teriyaki mixture

- While **veggies** cook, whisk together **teriyaki sauce**, **soy sauce**, ½ **tbps** (1 **tbps**) **cornstarch** and ½ **cup** (1 **cup**) **water** in a medium bowl.

5



Cook turkey

- [Swap | Ground Beef](#)
- Heat the same pan (from Step 3) over medium-high.
- When hot, add **1 tbsp** (2 **tbps**) **oil**, then **turkey**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Add **teriyaki mixture** to the pan with **turkey**. Bring to a boil over high heat.
- Once boiling, cook, stirring often, until **sauce** thickens slightly, 2-3 min. Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Fluff **rice** with a fork, then season with **salt** and stir in **half the green onions**.
- Divide **rice** between bowls.
- Top with **veggies**, **turkey** and **sauce** from the pan.
- Sprinkle **remaining sesame seeds** and **remaining green onions** over top.

Measurements
within steps

1 **tbps** (2 **tbps**) **oil**
2 person 4 person Ingredient

5 | Cook

[Swap | Ground Beef](#)

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **turkey****

5 | Cook

[Swap | Tofu](#)

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. Cook it in the same way the recipe instructs you to cook the **turkey**, until crispy, 6-7 min.

** Cook to a minimum internal temperature of 74°C/165°F.



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