



# Teriyaki Turkey Bowls

with Stir-Fried Veggies and Garlic Sesame Rice

Family Friendly

Quick

25 Minutes



Ground Turkey



Jasmine Rice



Sweet Bell Pepper



Shanghai Bok Choy



Carrot, julienned



Sesame Seeds



Garlic Puree



Teriyaki Sauce



Cornstarch



Soy Sauce



Green Onion

## HELLO TERIYAKI SAUCE

*This sweet and savoury sauce adds Japanese-influenced flavour to any dish!*

## Start here

Before starting, wash and dry all produce.

## Bust out

Medium bowl, measuring spoons, medium pot, 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
Sweet Bell Pepper	160 g	320 g
Shanghai Bok Choy	226 g	452 g
Carrot, julienned	113 g	226 g
Sesame Seeds	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Teriyaki Sauce	4 tbsp	8 tbsp
Cornstarch	½ tbsp	1 tbsp
Soy Sauce	1 tbsp	2 tbsp
Green Onion	2	2
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

- Cut **bok choy** into 1-inch pieces.
- 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 oil** (dbl for 4 ppl), then **garlic puree**, **rice** and **half the sesame seeds**. Cook, stirring often, until fragrant, 1-2 min.
- Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. 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 oil** (dbl for 4 ppl), then **peppers**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**.
- Add **bok choy** and **carrots**. 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 **tbsp cornstarch** and ½ **cup water** (dbl both for 4 ppl) in a medium bowl.



## 5 Cook turkey

- Heat the same pan (from step 3) over medium-high.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), 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.

## Dinner Solved!