

HELLO Teriyaki Turkey Bowls with Stir-Fried Veggies and Garlic Sesame Rice

Quick

20 Minutes









×2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥









Ground Turkey 250 g | 500 g



3/4 cup | 1 1/2 cup



Sweet Bell Pepper



1 tbsp | 2 tbsp

1 | 2



1 tbsp | 2 tbsp



4 tbsp | 8 tbsp



1/2 tbsp | 1 tbsp



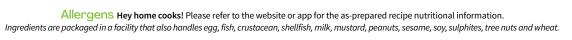
1 tbsp | 2 tbsp



Green Onion 2 | 2



Vegetable Mix 170 g | 340 g



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



Prep

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



Cook garlic sesame rice

- Heat a medium pot over medium heat.
- When hot, add 1/2 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.



Cook veggies

- While **rice** cooks, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **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.



Make teriyaki mixture

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



Cook turkey

🗘 Swap | Ground Beef

O Swap | Tofu

- Heat the same pan (from Step 3) over medium-high.
- When hot, add 1 tbsp (2 tbsp) 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.



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 tbsp (2 tbsp)

oil

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,

