



# Teriyaki Turkey Rice Bowl

with Stir-fried Veggies and Sesame Rice

35 Minutes



Ground Turkey



Jasmine Rice



Sweet Bell Pepper



Shanghai Bok Choy



Carrot



Sesame Seeds



Garlic



Teriyaki Sauce



Cornstarch



Hoisin Sauce



Green Onions

## HELLO HOISIN SAUCE

*A sweet and savoury glaze that adds an extra boost of flavour*

## Start here

Before starting, wash and dry all produce.

## Bust Out

Measuring cups, measuring spoons, medium bowl, vegetable peeler, large non-stick pan, microplane/zester, medium pot, whisk

## Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Jasmine Rice	¾ cup	1 ½ cup
Sweet Bell Pepper	160 g	320 g
Shanghai Bok Choy	113 g	226 g
Carrot	170 g	340 g
Sesame Seeds	1 tbsp	2 tbsp
Garlic	3 g	6 g
Teriyaki Sauce	¼ cup	½ cup
Cornstarch	½ tbsp	1 tbsp
Hoisin Sauce	2 tbsp	4 tbsp
Green Onions	2	4
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.*

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## 1 Prep

Cut **bok choy** into 1-inch pieces. Thinly slice the **green onions**. Peel, then mince or grate the **garlic**. Core, then cut the **pepper** into ½-inch pieces. Peel, then cut the **carrot** into ¼-inch coins.



## 2 Cook sesame rice

Heat a medium pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **garlic, 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. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



## 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 the **carrots** and **peppers**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**. Add the **bok choy**. Cook, until softened, 2-3 min. Remove pan from heat, then transfer the **veggies** to a plate. Cover to keep warm.



## 4 Make sauce

While **veggies** cook, whisk together **hoisin sauce, teriyaki sauce, ½ tbsp cornstarch** and **½ cup water** (dbl both for 4 ppl) in a medium bowl.



## 5 Cook turkey

Heat the same pan over medium-high heat. 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 **cornstarch mixture** to pan with **turkey**. Bring to a boil over high heat, then cook, stirring often, until **sauce** is slightly thickened, 2-3 min. Season with **salt** and **pepper**.



## 6 Finish and serve

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

## Dinner Solved!