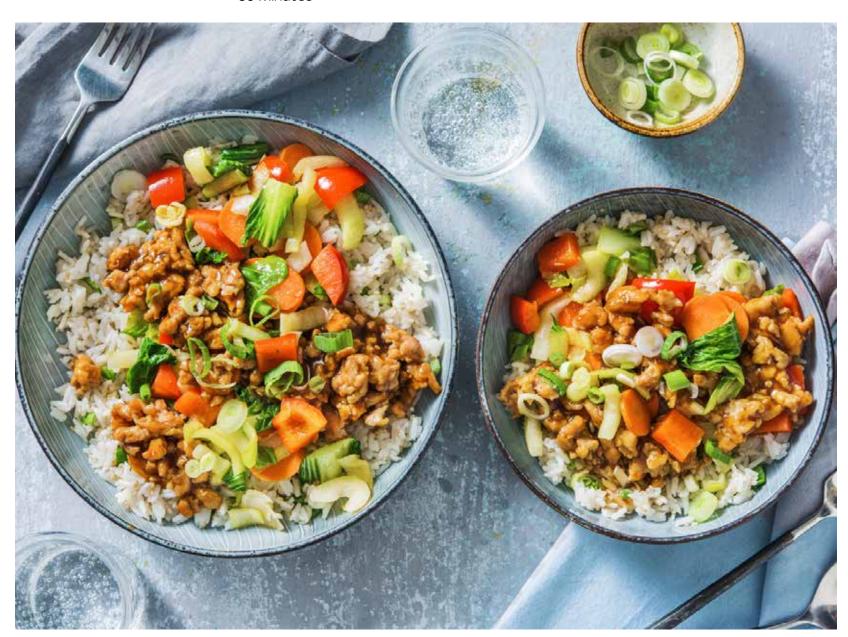


Teriyaki Turkey Rice Bowl with Stir-fried Veggies and Sesame Rice

35 Minutes











Sweet Bell Pepper











Hoisin Sauce

Teriyaki Sauce





Cornstarch



Green Onions

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

9		
	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	1/4 cup	½ cup
Cornstarch	½ tbsp	1 tbsp
Hoisin Sauce	2 tbsp	4 tbsp
Green Onions	2	4
Oil*		

Salt and Pepper*

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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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.



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.



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.



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.



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.



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!

^{*} Pantry items

^{**} Cook to a minimum internal temperature of 74°C/165°F, as size may vary.