



Teriyaki Turkey Rice Bowls

with Stir-Fried Veggies and Sesame Rice

Quick

25 Minutes



Minced 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

Medium bowl, vegetable peeler, measuring spoons, medium pot, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Minced Turkey	250 g	500 g
Jasmine Rice	¾ cup	1½ cups
Sweet Bell Pepper	160 g	320 g
Shanghai Bok Choy	226 g	452 g
Carrot	170 g	340 g
Sesame Seeds	1 tbsp	2 tbsp
Garlic	3 g	6 g
Teriyaki Sauce	½ cup	1 cup
Cornstarch	½ tbsp	1 tbsp
Hoisin Sauce	4 tbsp	4 tbsp
Green Onions	2	2
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 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.

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1 Prep

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



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



4 Make cornstarch mixture

While **veggies** cook, whisk together **half the hoisin sauce, teriyaki sauce, ½ tbsp cornstarch** and **½ cup water** (dbl all 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 **cornstarch 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**.



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 **remaining sesame seeds** and **remaining green onions** over top.

Dinner Solved!