



Thai-Style Turkey 'Pad Krapow' with Green Beans

Optional Spice 30 Minutes

↗ Custom Recipe + Add ↻ Swap or *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](https://www.hellofresh.ca)



Ground Chicken
250 g | 500 g

Tofu
1 | 2



Ground Turkey
250 g | 500 g



Lime
1 | 1



Red Chili Pepper
1 | 2



Green Beans
170 g | 340 g



Brown Sugar
2 tbsp | 4 tbsp



Onion, chopped
56 g | 113 g



Jasmine Rice
3/4 cup | 1 1/2 cup



Ginger-Garlic Puree
2 tbsp | 4 tbsp



Fish Sauce
1 tbsp | 2 tbsp



Soy Sauce
1 tbsp | 2 tbsp

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.

Ingredient quantities	56g	113g
	2 person	4 person

1



Cook rice

- Before starting, wash and dry all produce.
- Heat Guide for Step 4: 1/8 tsp (1/4 tsp) mild, 1/4 tsp (1/2 tsp) medium, 1/2 tsp (1 tsp) spicy and 1 tsp (2 tsp) extra-spicy!

- Add **1 cup** (2 cups) **water** and **1/8 tsp** (1/4 tsp) **salt** to a medium pot.
- Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- Add **rice** to the **boiling water**, then reduce heat to medium-low.
- Cover and cook, until **rice** is tender and liquid is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, trim, then halve **green beans**.
- Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges.
- Finely chop **chili**. (**TIP:** Remove seeds for less heat. We suggest using gloves when prepping chilies!)

3



Cook green beans

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **green beans**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until tender-crisp, 2-3 min.
- Transfer to a plate, then cover to keep warm.

4



Start turkey

Swap | Ground Chicken

Swap | Tofu

- Add **1 tbsp** (2 tbsp) **oil** to the same pan, then **onions** and **turkey**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. ****** Season with **salt** and **pepper**.
- Add **chilies**, **brown sugar** and **ginger-garlic puree**. (**NOTE:** Reference heat guide.)
- Cook, stirring often, until **turkey mixture** is fragrant and turns dark-brown, 2-3 min.

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

• Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

5



Finish turkey

- Remove the pan from heat.
- Stir in **lime zest**, **soy sauce**, **fish sauce**, **green beans**, **2 tsp** (4 tsp) **lime juice** and **2 tbsp** (4 tbsp) **water**.
- Cook, stirring often, until **green beans** are warmed through, 1-2 min.

6



Finish and serve

- Fluff **rice** with a fork, then season with **salt** and **pepper**, to taste.
- Divide **rice** between plates.
- Top with **turkey mixture**.
- Squeeze a **lime wedge** over top, if desired.

Measurements within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

4 | Cook ground chicken

Swap | Ground Chicken

If you've opted to get **chicken**, cook it in the same way the recipe instructs you to cook the **turkey**.******

4 | Cook tofu

Swap | Tofu

If you've opted to get tofu, add **1 tbsp** (2 tbsp) **oil** to the same pan, then **onions** and **tofu**. Cook, stirring often, until **tofu** is golden-brown all over, 6-7 min. Season with **salt** and **pepper**. Add **chilies**, **brown sugar** and **ginger-garlic puree**. (**NOTE:** Reference heat guide.) Cook, stirring often, until **tofu** mixture is fragrant and turns dark-brown, 2-3 min.



Issue with your meal? Scan the QR code to share your feedback.