



Thai-Style Turkey 'Pad Krapow' with Green Beans

Optional Spice

30 Minutes



Ground Turkey



Lime



Red Chili Pepper



Green Beans



Brown Sugar



Onion, chopped



Basmati Rice



Ginger



Soy Sauce



Cilantro



Garlic Puree

HELLO GINGER

Peel ginger using a spoon's edge - you'll be able to maneuver around the knobby bits more easily!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 4 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: 1 tsp
- Spicy: 1 ½ tsp
- Extra-spicy: 2 tsp

Bust out

Grater, measuring spoons, zester, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
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
Basmati Rice	¾ cup	1 ½ cups
Ginger	30 g	60 g
Soy Sauce	2 tbsp	4 tbsp
Cilantro	7 g	7 g
Garlic Puree	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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

Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, trim, then halve **green beans**.

Roughly chop **cilantro**. Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Zest **half the lime** (whole lime for 4 ppl), then cut **lime** into wedges. Finely chop **chili**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping chilis!)

4



Start turkey

Add **1 tbsp oil** (dbl for 4 ppl) to the same pan, then **onions, ginger, half the garlic puree** (use all for 4 ppl) and **½ tsp chilis**. (**NOTE:** Reference heat guide.) Cook, stirring often, until fragrant, 1-2 min. Add **turkey**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. ****** Season with **salt and pepper**.

2



Cook rice

Add **rice** to the **boiling water**. 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.

5



Finish turkey

Sprinkle **brown sugar** over **turkey mixture**. Cook, stirring often, until **turkey mixture** is dark golden-brown, 2-3 min. Stir in **lime zest, soy sauce, green beans** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring often, scraping up any browned bits from the bottom of the pan, until **green beans** are warmed through, 1 min.

3



Cook green beans

Meanwhile, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **green beans**. Season with **salt and pepper**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Transfer **green beans** to a plate and set aside.

6



Finish and serve

Fluff **rice** with a fork, then stir in **half the cilantro**. Divide **cilantro rice** between plates. Top with **turkey mixture**, then sprinkle with **remaining cilantro**. Squeeze a **lime wedge** over top, if desired.

Dinner Solved!