



Thai-Style Turkey 'Pad Krapow' with Bok Choy

Optional Spice

30 Minutes



Ground Turkey



Lime



Red Chili Pepper



Bok Choy, chopped



Brown Sugar



Onion, chopped



Basmati Rice



Ginger



Soy Sauce



Basil



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
- Spicy: 1 ½ tsp
- Medium: 1 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 |
| Bok Choy, chopped | 227 g | 454 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 |
| Basil | 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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

Facebook Instagram Twitter Pinterest @HelloFreshCA



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.
- Meanwhile, strip **basil leaves** from stems, then roughly chop. (**NOTE:** Keep stems to use in step 2!)
- 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!)



Start turkey

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



Cook rice

- Add **rice** and **basil stems** to the **boiling water**, then 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.



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, bok choy** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring often, scraping up any **browned bits** from the bottom of the pan, until **bok choy** is warmed through, 1 min.



Cook bok choy

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **bok choy**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until tender-crisp, 2-3 min.
- Transfer **bok choy** to a plate and set aside.



Finish and serve

- Remove **basil stems** from **rice**, then fluff **rice** with a fork.
- Divide **rice** between plates. Top with **turkey mixture**, then sprinkle with **basil leaves**.
- Squeeze a **lime wedge** over top, if desired.

Dinner Solved!