



Thai-Style Turkey 'Pad Krapow'

with Green Beans

Optional Spice

30 Minutes



Ground Turkey



Lime



Red Chili Pepper



Green Beans



Brown Sugar



Onion, chopped



Jasmine Rice



Ginger-Garlic Puree



Cilantro



Fish Sauce



Soy Sauce



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HELLO CILANTRO

This versatile herb has a citrusy twist!

Start here

Before starting, wash and dry all produce.

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

- Mild: ½ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

Bust out

Measuring spoons, strainer, 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
Jasmine Rice	¾ cup	1 ½ cups
Ginger-Garlic Puree	2 tbsp	4 tbsp
Cilantro	7 g	7 g
Fish Sauce	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 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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Cook rice

- Add **1 cup water** and **½ tsp salt** (dbl both for 4 ppl) 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 the pot from heat. Set aside, still covered.



Start turkey

- Add **1 tbsp oil** (dbl for 4 ppl) 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 **chilis**, **brown sugar** and **ginger-garlic puree**. (**NOTE:** Reference heat guide.) Cook, stirring often, until **mixture** is fragrant and turns dark-brown, 2-3 min.



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 chilis!)



Finish turkey

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



Cook green beans

- 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, 2-3 min.
- Transfer **green beans** to a plate, then cover to keep warm.



Finish and serve

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

Dinner Solved!