



# 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)

Swap



Ground Pork  
250 g | 500 g

Swap



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.

1



### Cook rice

- Before starting, wash and dry all produce.
- **Heat Guide for Step 4:**
  - Mild: ¼ tsp (¼ tsp)
  - Medium: ¼ tsp (½ tsp)
  - Spicy: ½ tsp (1 tsp)
  - Extra-spicy: 1 tsp (2 tsp)

- Add **1 cup** (2 cups) **water** and **½ tsp** (¼ 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 | Tofu
- ◻ Swap | Ground Pork

- 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.

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 stir-fry**.
- Squeeze a **lime wedge** over top, if desired.

Measurements within steps

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

4 | Cook tofu

◻ Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. Cook it in the same way the recipe instructs you to cook the **ground turkey**, until crispy 6-7 min.

4 | Cook pork

◻ Swap | Ground Pork

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



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

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