



Thai Turkey 'Pad Krapow' with Green Beans

Quick

Spicy

30 Minutes



Ground Turkey



Lime



Chili Pepper



Green Beans



Brown Sugar



Shallot



Basmati Rice



Ginger



Soy Sauce



Cilantro



Garlic

HELLO PAD KRAPOW

Looking for spicy, sweet, savoury and fresh flavours in one bite? Here it is! Enjoy!

Start here

Before starting, wash and dry all produce.

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

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp
- Extra-spicy: 2 tsp

Bust Out

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

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Lime	1	2
Chili Pepper 🌶️	1	2
Green Beans	170 g	340 g
Brown Sugar	2 tbsp	4 tbsp
Shallot	50 g	100 g
Basmati Rice	¾ cup	1 ½ cup
Ginger	30 g	60 g
Soy Sauce	2 tbsp	4 tbsp
Cilantro	7 g	14 g
Garlic	6 g	12 g
Oil*		
Salt and Pepper*		

* Pantry items

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

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Prep

Add **1 ¼ cups water** (dbl for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While water comes to a boil, peel, then finely chop **shallot**. Trim, then halve **green beans**. Roughly chop **cilantro**. Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Peel, then finely mince or grate **garlic**. Zest, then cut **lime** into wedges. Finely chop **chili**, removing **seeds** for less heat. (NOTE: We suggest using gloves when prepping chili!)



Start turkey

Add **1 tbsp oil** (dbl for 4 ppl) to the same pan, then **shallots, ginger, garlic** and **½ tsp chili**. (NOTE: Reference Heat Guide.) Cook, stirring often, until fragrant, 1-2 min. Add **turkey**. Cook, breaking up **turkey** into smaller pieces, until golden-brown, 4-5 min.**



Cook rice

Add **rice** to the pot of **boiling water**. Reduce the heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



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 bottom of the pan, until **green beans** are warmed through, 1 min.



Cook green beans

While **rice** cooks, 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 to a plate and set aside.



Finish and serve

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

Dinner Solved!