



Sesame-Soy Turkey and Rice Bowls

with Sriracha Mayo Drizzle

Spicy

20 Minutes

Customized Protein







+ 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	 Swap	 Double
		
Ground Beef 250 g 500 g	Tofu 1 2	Ground Turkey 500 g 1000 g



	
Ground Turkey 250 g 500 g	Jasmine Rice ¾ cup 1 ½ cup
	
Carrot, julienned 56 g 113 g	Garlic Puree 1 tbsp 2 tbsp
	
Shanghai Bok Choy 1 2	Mayonnaise 2 tbsp 4 tbsp
	
Sriracha 2 tsp 4 tsp	Soy Sauce 2 tbsp 4 tbsp
	
Sesame Oil 1 tbsp 2 tbsp	Green Onion 2 4
	
Sugar Snap Peas 113 g 227 g	

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, add 1 cups (2 cups) water and ½ tsp (¼ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- 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 from heat. Set aside, still covered.

2



Prep and cook turkey

- 🔄 Swap | **Ground Beef**
- 🔄 Swap | **Tofu**
- *2 Double | **Ground Turkey**

- Meanwhile, thinly slice **green onions**.
- Trim **snap peas**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **sesame oil**, then **turkey**, **garlic puree** and **half the green onions**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 3-4 min. ** Season with **salt** and **pepper**.
- Add **1 ½ tbsp** (3 tbsp) **soy sauce**. Cook, stirring often, until **turkey** is coated, 1-2 min.

3



Cook veggies

- Add **snap peas** to the pan with **turkey**. Cook, stirring often, until tender-crisp, 3-4 min.
- Add **carrots** and **bok choy**. Cook, stirring often, until tender-crisp, 1-2 min. Season with **salt** and **pepper**, to taste.
- Remove the pan from heat.

4



Make sriracha mayo

- Stir together **mayo**, **1 tsp** (2 tsp) **soy sauce** and **sriracha** in a small bowl. Set aside.

5



Finish and serve

- Fluff **rice** with a fork, then stir in **remaining green onions**. Season with **salt**, to taste.
- Divide **rice** between bowls.
- Top with **turkey-veggie mixture**.
- Drizzle **sriracha mayo** over top.

6



Got eggs?!

- Heat the same pan (from step 3) over medium. When hot, add **1 tbsp** (2 tbsp) **oil**, then crack in **two eggs** (4 for 4 ppl). Season with **salt** and **pepper**.
- Pan-fry covered until whites are set, 2-3 min. ** (**NOTE:** The yolks will still be runny.)
- Top bowls with **eggs!**

2 | Prep and cook beef

🔄 Swap | **Ground Beef**

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

2 | Prep and 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 **turkey**, until golden-brown all over, 6-7 min.

2 | Prep and cook turkey

*2 Double | **Ground Turkey**

If you've opted for **double turkey**, cook it in the same way the recipe instructs you to cook the **regular portion of turkey**. Work in batches, if necessary.