



Cal Smart Hoisin-Ginger Turkey

with Savoury Rice and Stir-Fried Veggies

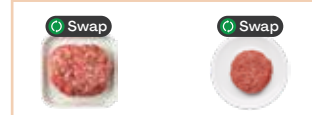
Smart Meal

Spicy

25 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)



Ground Beef
250 g | 500 g

Beyond Meat®
2 | 4



Ground Turkey
250 g | 500 g



Jasmine Rice
¼ cup | 1 ½ cups



Sugar Snap Peas
113 g | 227 g



Carrot
1 | 2



Garlic Salt
1 tsp | 2 tsp



Green Onion
1 | 2



Ginger
30 g | 30 g



Chili-Garlic Sauce
1 tbsp | 2 tbsp



Hoisin Sauce
4 tbsp | 8 tbsp



Miso Broth Concentrate
1 | 2



Soy Sauce
½ tbsp | 1 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.

- Add **miso broth concentrate**, **half the garlic salt** and **1 cup** (2 cups) **water** 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 broth**, then reduce heat to low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 14-16 min.

2



Prep

- Meanwhile, thinly slice **green onions**.
- Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Trim **snap peas**.
- Peel, then mince or grate **1 tbsp** (2 tbsp) **ginger**.

3



Stir-fry veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tsp** (1 tsp) **oil**, then **carrots** and **2 tbsp** (4 tbsp) **water**.
- Cook, stirring occasionally, until **carrots** start to soften and water is absorbed, 3-4 min.
- Add **snap peas** and season with **salt** and **pepper**.
- Cook, stirring occasionally, until **veggies** are tender-crisp, 2-3 min.
- Remove from heat. Transfer **veggies** to a plate, then cover to keep warm.

4



Cook turkey

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- Reheat the same pan over medium-high.
- When hot, add ½ **tsp** (1 tsp) **oil**, then **turkey**. Season with **remaining garlic salt** and **pepper**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**

5



Make ginger sauce

- Add **ginger** to the pan with **turkey**. Cook, stirring often, until fragrant, 1 min.
- Add ¼ **cup** (½ cup) **water**, **hoisin sauce**, **chili-garlic sauce** and **soy sauce**.
- Cook, stirring often, until warmed through, 1-2 min.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice** between plates, then top with **stir-fried veggies** and **turkey**.
- Spoon **any remaining sauce** from the pan over **turkey**.
- Sprinkle **remaining green onions** over top.

Measurements
within steps

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

4 | 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****

4 | Cook Beyond Meat®

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook it the same way as the **turkey**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.**