



Quick and Saucy Gochujang Noodles

with Ground Turkey and Snow Peas

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](http://www.hellofresh.ca)



 Ground Beef 250 g 500 g	 Beyond Meat® 2 4
 Ground Turkey 250 g 500 g	 Linguine 170 g 340 g
 Carrot, julienned 56 g 113 g	 Baby Spinach 56 g 113 g
 Snow Peas 56 g 113 g	 Garlic, cloves 2 4
 Vegetarian Oyster Sauce ½ cup ½ cup	 Sweet Chili Sauce 2 tbsp 4 tbsp
 Gochujang 2 tbsp 4 tbsp	 Sesame Oil 1 tbsp 2 tbsp
 Black Sesame Seeds 7 g 14 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.

Pantry items | Oil, salt, pepper

Cooking utensils | Colander, large non-stick pan, large pot, measuring cups, measuring spoons, medium bowl

1



Prep

- Before starting, add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Peel, then mince or grate **garlic**.
- Trim, then halve **snow peas**.
- Add **vegetarian oyster sauce**, **sweet chilli sauce**, **gochujang** and **sesame oil** in a medium bowl. Stir to combine.

2



Cook noodles

- Add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve $\frac{1}{4}$ cup ($\frac{1}{2}$ cup) **pasta water**, then drain and return **linguine** to the same pot, off heat.

3



Cook veggies

- While **linguine** cooks, heat a large non-stick pan over medium-high heat.
- When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, **carrots**, and **snow peas**. Season with **salt** and **pepper**. Cook, stirring often, until tender-crisp, 2-4 min.
- Transfer **veggies** to a plate.

4



Cook turkey

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- Return the same pan to medium-high.
- When hot, add **1 tbsp** (2 **tbps**) **oil**, then **turkey** and **garlic**. Season with **salt** and **pepper**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Add **veggies** and **sauce mixture**. Cook, stirring often, until warmed through, 1-2 min.

5



Finish and serve

- Transfer **saucy meat and veggie mixture** to the pot with **linguine**. Add **spinach**. Season with **salt** and **pepper**, to taste. Stir until wilted, 1 min. (**TIP**: For a lighter sauce consistency, add reserved pasta water, 1-2 **tbps** at a time, if desired.)
- Divide **noodles** between bowls.
- Sprinkle **sesame seeds** over top.

Measurements
within steps

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

4 | Cook beef

Swap | **Ground Beef**

If you've opted to get **beef**, reduce **oil** to $\frac{1}{2}$ **tbps** (1 **tbps**), then add **beef** to the pan. Cook **beef** in the same way the recipe instructs you to cook the **turkey**.** Remove and discard excess fat, if desired.

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.**

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