



SuperQuick Scallion Turkey Noodles

with Sesame and Garlic

10 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
Ground Beef 250 g 500 g	Beyond Meat® 2 4



Ground Turkey 250 g 500 g	Chow Mein Noodles 200 g 400 g
Green Onion 2 4	Sesame Seeds 9 g 18 g
Garlic Puree 1 tbsp 2 tbsp	Soy Sauce 4 tbsp 8 tbsp
Hoisin Sauce 4 tbsp 8 tbsp	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.

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, colander

1



Cook chow mein noodles

- Before starting, add 6 cups (12 cups) water and ½ tsp (¼ tsp) salt to a large pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Add **noodles** to the **boiling water**.
- Cook uncovered until tender, 1-2 min.
- Drain **noodles**, reserving ¼ cup (½ cup) **noodle water**, then rinse under warm water. Return **noodles** to the same pot, off heat.

2



Prep

- Thinly slice **green onions**.
- Halve **sugar snap peas** crosswise.

3



Cook turkey

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **turkey**, **garlic puree**, **sesame seeds**, **half the green onions** and **1 tsp** (2 **tsp**) **sugar**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Transfer **turkey** to a medium bowl. Set aside.

4



Cook veggies

- Reheat the same pan over medium heat.
- When hot, add **sugar snap peas**. Cook stirring often until tender crisp, 4-5 min.

5



Finish and serve

- Add **turkey**, **sugar snap peas**, **soy sauce**, **hoisin sauce** and **reserved noodle water** to the large pot with the **noodles**. Stir to combine.
- Divide **scallion turkey noodles** between bowls.
- Sprinkle **remaining green onions** over top.

Measurements
within steps

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

3 | 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****.

3 | 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, as size may vary.