



Caramelized Honey-Garlic Turkey Noodles

with Snow Peas and Sesame Seeds

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)



Ground Beef
250 g | 500 g



Tofu
1 | 2



Ground Turkey
250 g | 500 g



Carrot, julienned
56 g | 113 g



Snow Peas
113 g | 227 g



Honey-Garlic Sauce
4 tbsp | 8 tbsp



Soy Sauce
2 tbsp | 4 tbsp



Ginger-Garlic Puree
2 tbsp | 4 tbsp



Linguine
170 g | 340 g



Chili-Garlic Sauce
2 tbsp | 4 tbsp



Green Onion
1 | 2



Sesame Seeds
9 g | 18 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 linguine

- 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.
- **Heat Guide for Step 2:**

- Mild: ½ tbsp (1 tbsp) • Medium: 1 tbsp (2 tbsp)
- Spicy: 1 ½ tbsp (3 tbsp) • Extra-spicy: 2 tbsp (4 tbsp)

- Add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve ¼ cup (½ cup) **pasta water**, then drain and return **linguine** to the same pot, off heat.

2



Prep and make sauce mixture

Swap | Tofu

- Meanwhile, trim, then diagonally halve **snow peas**.
- Thinly slice **green onion**.
- Heat a large non-stick pan over medium-high heat.
- Combine **honey-garlic sauce**, **soy sauce**, **ginger-garlic puree** and **1 tbsp** (2 tbsp) **chili-garlic sauce** in a small bowl. (NOTE: Reference heat guide.)

3



Toast sesame and cook turkey

Swap | Ground Beef

Swap | Tofu

- When the pan is hot, add **sesame seeds** to the dry pan.
- Toast, stirring often, until lightly golden, 1-2 min. (TIP: Keep your eye on sesame seeds so they don't burn!)
- Add ½ **tbsp** (1 tbsp) **oil** to the pan with **sesame seeds**, then **turkey**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Add **3 tbsp** (6 tbsp) of **sauce mixture**, then season with **salt** and **pepper**.
- Cook, stirring often, until **turkey** starts to caramelize, 2-3 min.
- Transfer to a plate.

4



Cook veggies

- Add **1 tbsp** (2 tbsp) **oil**, then **snow peas** and **carrots** to the same pan.
- Cook, stirring occasionally, until **veggies** slightly soften, 2-3 min. Season with **salt** and **pepper**, to taste.

5



Finish noodles

- Increase heat to high.
- Add **turkey**, **noodles** and **remaining sauce mixture** to the pan.
- Cook, tossing occasionally, until **noodles** are coated and **veggies** are tender-crisp, 1-2 min. (TIP: Add 1 tbsp reserved pasta water at a time if noodles get too dry.)
- Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Divide **noodles** between bowls.
- Sprinkle **green onions** over top.

2 | Prep and make sauce mixture

Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces.

3 | Toast sesame 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****

3 | Toast sesame and cook tofu

Swap | Tofu

Add **1 tbsp** (2 tbsp) **oil** to the pan with **sesame seeds**, then **tofu**. Cook, stirring occasionally, until **tofu** is golden-brown all over, 6-7 min. Follow the rest of the recipe as written.

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