

# HELLO SuperQuick Gingery Turkey Noodle Bowls with Teriyaki Sauce

15 Minutes





Customized Protein Add





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 降











**Ground Turkey** 250 g | 500 g

**Chow Mein** Noodles 200 g | 400 g





Shanghai Bok Choy



3 | 6



Carrot, julienned



56 g | 113 g

Teriyaki Sauce 4 tbsp | 8 tbsp







Sesame Seeds

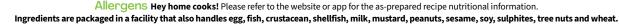
¼ cup | ½ cup



Green Onion 1 | 2



Moo Shu Spice Blend 1 tbsp | 2 tbsp



Cooking utensils | Large non-stick pan, large pot, measuring cups, measuring spoons, strainer



#### Cook noodles

- Before starting, add 10 cups water and 1 tbsp salt to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Add chow mein noodles to the boiling water. Cook, uncovered, until tender, 1-2 min.
- Drain noodles, then rinse under warm water.
  Return noodles to the same pot, off heat. Add
  2 tsp (4 tsp) oil, then gently toss to coat.
- Using a pair of scissors, make a few snips in the pot to cut up **noodles**. Set aside.



## Prep and cook veggies

- Heat a large non-stick pan over medium-high heat.
- While pan heats, cut **bok choy** into ½-inch wedges, leaving stems and leaves attached to cores. (TIP: Rinse bok choy leaves to wash away any hidden dirt!)
- When hot, ½ tbsp (1 tbsp) oil, then bok choy, carrots and 2 tbsp water (same for 4 ppl). Season with salt and pepper. Cook, stirring often, until tender-crisp, 2-3 min.
- Transfer veggies to a plate.



### Cook turkey

O Swap | Ground Beef

### 🗘 Swap | Beyond Meat®

- Reheat the pan over medium-high.
- When hot, add 1 tbsp (2 tbsp) oil, turkey and Moo Shu Spice Blend. Season with salt and pepper.
- Cook, breaking up turkey into smaller pieces, until no pink remains, 3-4 min.\*\*
- Add veggies, teriyaki sauce, oyster sauce,
  '3 cup (½ cup) water and 1 tbsp (2 tbsp)
  butter. Cook, stirring often, until butter is melted and sauce is hot, 1 min.

3 | Cook beef

Measurements

within steps

O Swap | Ground Beef

1 tbsp

2 person

4 person

oil

If you've opted to get **beef**, reduce **oil** to ½ **tbsp** (1 tbsp), 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.

### 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.\*\*



#### Finish and serve

- Add spinach and meat mixture to the pot of noodles. Stir to coat until spinach wilts, 30 sec.
- Divide **noodles** between bowls.
- Using scissors, snip green onions over top.
- Sprinkle sesame seeds over top.