















SuperQuick Gingerly Turkey Noodle Bowls with Teriyaki Sauce

15 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://hellofresh.ca)



 Ground Beef 250 g 500 g	 Beyond Meat® 2 4
 Ground Turkey 250 g 500 g	 Chow Mein Noodles 200 g 400 g
 Shanghai Bok Choy 3 6	 Baby Spinach 56 g 113 g
 Carrot, julienned 56 g 113 g	 Teriyaki Sauce 4 tbsp 8 tbsp
 Vegetarian Oyster Sauce ¼ cup ½ cup	 Sesame Seeds 9 g 18 g
 Green Onion 1 2	 Moo Shu Spice Blend 1 tbsp 2 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.

Ingredient quantities **56 g** | **113 g**
2 person | 4 person

Pantry items | Oil, butter, salt, pepper

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

1



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.

2



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.

3



Cook turkey

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**, ½ **cup** (½ **cup**) **water** and **1 tbsp** (2 **tbsp**) **butter**. Cook, stirring often, until **butter** is melted and **sauce** is hot, 1 min.

4



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.

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**, 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. ******

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