



# Cal Smart Hoisin-Ginger Turkey

## with Savoury Rice and Stir-Fried Veggies

Smart Meal

Spicy

25 Minutes

 Swap	 Swap	 Double
		
Ground Beef 250 g   500 g	Tofu 1   2	Ground Turkey 500 g   1000 g

 Customized Protein  Add  Swap or  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 Turkey 250 g   500 g	Jasmine Rice ¼ cup   1 ½ cups
	
Sugar Snap Peas 113 g   227 g	Carrot 1   2
	
Garlic Salt 1 tsp   2 tsp	Green Onion 1   2
	
Ginger 30 g   30 g	Chili-Garlic Sauce 1 tbsp   2 tbsp
	
Hoisin Sauce 4 tbsp   8 tbsp	Miso Broth Concentrate 1   2
	
Soy Sauce ½ tbsp   1 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.

1



### Cook rice

• Before starting, wash and dry all produce.

- Add **miso broth concentrate**, **half the garlic salt** and **1 cup** (2 cups) **water** to a medium pot.
- Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until **water** runs clear.
- Add **rice** to the **boiling broth**, then reduce heat to low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 14-16 min.
- Remove from heat. Set aside, still covered.

2



### Prep

- Meanwhile, thinly slice **green onions**.
- Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Trim **snap peas**.
- Peel, then mince or grate **1 tbsp** (2 tbsp) **ginger**.

3



### Stir-fry veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tsp** (1 tsp) **oil**, then **carrots** and **2 tbsp** (4 tbsp) **water**.
- Cook, stirring occasionally, until **carrots** start to soften and **water** is absorbed, 3-4 min.
- Add **snap peas** and season with **salt** and **pepper**.
- Cook, stirring occasionally, until **veggies** are tender-crisp, 2-3 min.
- Remove from heat. Transfer **veggies** to a plate, then cover to keep warm.

4



### Cook turkey

Swap | Ground Beef

Swap | Tofu

×2 Double | Ground Turkey

- Reheat the same pan over medium-high.
- When hot, add ½ **tsp** (1 tsp) **oil**, then **turkey**. Season with **remaining garlic salt** and **pepper**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.\*\*

5



### Make ginger sauce

- Add **ginger** to the pan with **turkey**. Cook, stirring often, until fragrant, 1 min.
- Add ¼ **cup** (½ cup) **water**, **hoisin sauce**, **chili-garlic sauce** and **soy sauce**.
- Cook, stirring often, until warmed through, 1-2 min.

6



### Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice** between plates, then top with **stir-fried veggies** and **turkey**.
- Spoon **any remaining sauce** from the pan over **turkey**.
- Sprinkle **remaining green onions** over top.

### 4 | Cook beef

Swap | Ground Beef

If you've opted to get **beef**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **turkey**\*\*

### 4 | Cook tofu

Swap | Tofu

Pat **tofu** dry with paper towels, then crumble into pea-sized pieces. Cook, stirring occasionally, until **tofu** is golden-brown all over, 6-7 min.

### 4 | Cook turkey

×2 Double | Ground Turkey

If you've opted for **double turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of turkey**. Work in batches, if necessary.