



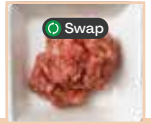
SuperQuick Cheater Beef Khao Soi

with Rich Coconut-Curry Broth

Spicy

15-Minute Meal

15 Minutes



Ground Turkey
250 g | 500 g

Customized Protein

+ Add

Swap

or

x2 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



Chow Mein Noodles
200 g | 400 g



Carrot
1 | 2



Baby Spinach
113 g | 227 g



Green Onion
1 | 2



Coconut Milk
1 | 2



Crispy Shallots
28 g | 56 g



Curry Paste
2 tbsp | 4 tbsp



Vegetable Stock Powder
2 tbsp | 4 tbsp



Cumin-Turmeric Spice Blend
1 ½ tsp | 3 tsp

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 | Oil, sugar, salt, pepper

Cooking utensils | Large pot, measuring cups, measuring spoons, vegetable peeler

1



Prep and start beef

- Before starting, wash and dry all produce.

 Swap | **Ground Turkey**

- Heat a large pot over high (use same for 4 servings).
- While pot heats, peel, then halve **carrot** lengthwise. Cut into ¼-inch thick half-moons.
- When hot, add ½ **tblsp** (1 **tblsp**) **oil**, **beef**, **carrots** and **Cumin-Turmeric Spice Blend**. Season with **salt** and **pepper**. Cook for 3-5 min, breaking up **beef** into smaller pieces, until no pink remains.**

2



Make broth

- Add **curry paste**, **coconut milk**, **stock powder**, ¼ **tsp** (½ **tsp**) **sugar** and 3 **cups** (5 **cups**) **water**.
- Bring to a boil over high heat.
- Meanwhile, open package of **chow mein noodles**. Using hands, loosen **noodles** to separate strands and remove any clumps.

3



Cook noodles

- Add **noodles** to pot. Stir to coat. Reduce heat to medium. Cook for 2-4 min, stirring often until **noodles** and **veggies** are tender.

4



Finish and serve

- Add **spinach**. Stir until wilted, 30 sec. Season to taste with **salt** and **pepper**. (**TIP**: For a lighter broth consistency, add water, ¼ cup at a time.)
- Divide **noodles** and **broth** between bowls.
- Using scissors, snip **green onions** over top.
- Sprinkle **crispy shallots** over top.

Measurements within steps **1 tblsp** (2 **tblsp**) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

1 | Prep and start turkey

 Swap | **Ground Turkey**

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

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