

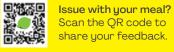
Cal Smart Hoisin-Ginger Turkey

30 Minutes

with Savoury Rice and Stir-Fried Veggies

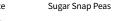
Spicy

Calorie Smart















Green Onion





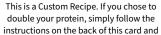
Chili Garlic Sauce



Miso Broth Concentrate







CUSTOM RECIPE

you're set. Happy cooking! **Hoisin Sauce**

Start here

Before starting, wash and dry all produce.

Measurements, 1 tbsp., (2 tbsp), within steps

Ingredient

Bust out

Vegetable peeler, measuring spoons, strainer, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Double Ground Turkey	500 g	1000 g
Jasmine Rice	¾ 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	15 g	30 g
Chili Garlic Sauce	1 tbsp	2 tbsp
Hoisin Sauce	1/4 cup	½ cup
Miso Broth Concentrate	1	2
Oil*		

Salt and Pepper*

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

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.



Cook rice

- 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.



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.



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.



Cook turkey

- Reheat the same pan over medium-high.
- When hot, add 1/2 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.**

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.



Make ginger sauce

- Add ginger to the pan with turkey. Cook, stirring often, until fragrant, 1 min.
- Add 1/4 cup (1/2 cup) water, hoisin sauce and chili garlic sauce. Cook, stirring often, until warmed through, 1-2 min.



Finish and serve

- Fluff rice with a fork, then stir in half the green onions.
- Divide **savoury 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.



