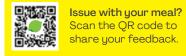
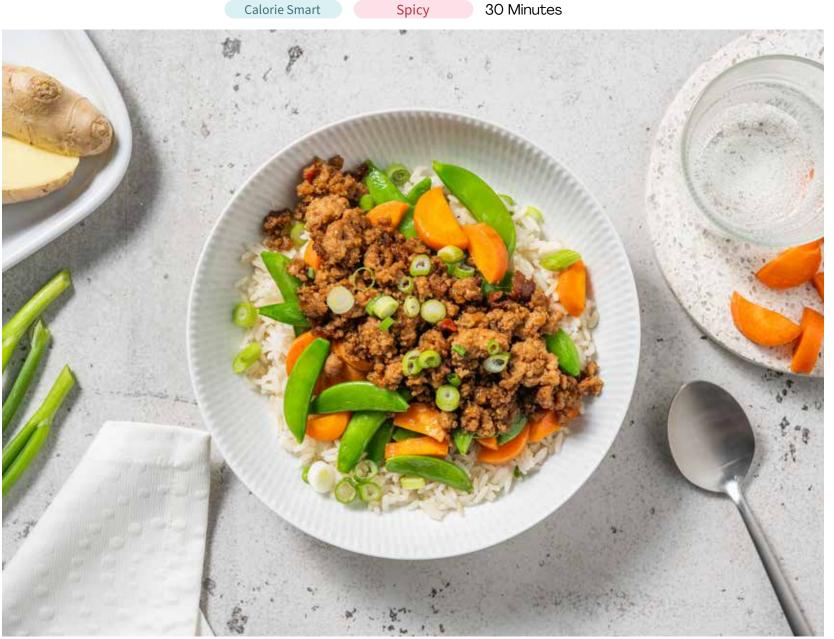


Cal Smart Hoisin-Ginger Turkey

with Savoury Rice and Stir-Fried Veggies















Carrot

Sugar Snap Peas













Hoisin Sauce

Chicken Broth Concentrate

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

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	2 Person	4 Person
Ground Turkey	250 g	500 g
Jasmine Rice	¾ cup	1 ½ cups
Sugar Snap Peas	113 g	227 g
Carrot	170 g	340 g
Garlic Salt	1 tsp	2 tsp
Green Onion	1	2
Ginger	15 g	30 g
Chili Garlic Sauce	1 tbsp	2 tbsp
Hoisin Sauce	⅓ cup	½ cup
Chicken Broth Concentrate	1	2
Oil*		
Salt and Penner*		

- * 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 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 boiling broth, then reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 14-16 min.
- Remove the pot 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 1/2 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.**



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 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 rice between plates, then top with veggies and turkey. Spoon any remaining sauce from the pan over turkey.
- Sprinkle **remaining green onions** over top.

Dinner Solved!

