



Honey-Ginger Turkey Bowls

with Stir-Fried Veggies

20-min



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Turkey Breast
Portions



Jasmine Rice



Shanghai Bok Choy



Sugar Snap Peas



Ginger-Garlic Puree



Honey



Soy Sauce



Garlic Salt



Cornstarch

HELLO GARLIC SALT
Garlic adds a zesty punch to simple salt!

Start here

- Before starting, preheat oven to 450°F.
- Add 1 cup (2 cups) water to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Bust out

Baking sheet, medium bowl, measuring spoons, strainer, medium pot, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Jasmine Rice	¾ cup	1 ½ cups
Shanghai Bok Choy	113 g	226 g
Sugar Snap Peas	113 g	227 g
Ginger-Garlic Puree	2 tbsp	4 tbsp
Honey	1 tbsp	2 tbsp
Soy Sauce	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Cornstarch	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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

- Add **rice**, **half the garlic salt** and **1 tbsp** (2 tbsp) **butter** to the **boiling water**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Cook turkey

- Meanwhile, pat **turkey** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **turkey**. Cook until golden-brown, 1-2 min per side.
- Transfer **turkey** to an unlined baking sheet.
- Bake in the **middle** of the oven until cooked through, 8-10 min.**

3



Prep

- Meanwhile, trim **snap peas**.
- Cut **bok choy** into 1-inch pieces. Place in a strainer, then rinse in cool water to remove any dirt. Pat dry with paper towels.

4



Stir-fry veggies

- Reheat the same pan over medium-high.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **snap peas** and **bok choy**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Remove from heat. Season with **salt** and **pepper**, to taste, then transfer **veggies** to a plate.

5



Make sauce

- Meanwhile, whisk together **honey**, **ginger-garlic puree**, **soy sauce**, **cornstarch** and ¾ **cup** (1 ¼ cups) **water** in a medium bowl.
- When **veggies** are done, add **honey mixture** to the same pan. Bring to a gentle boil over medium.
- Once boiling, cook, stirring often, until **sauce** thickens slightly, 1-2 min.

6



Finish and serve

- Thinly slice **turkey**. Stir **any turkey resting juices** into the pan with **sauce**.
- Fluff **rice** with a fork.
- Divide **rice** between bowls.
- Top with **veggies**, **turkey** and **sauce**.

Dinner Solved!



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