

instructions on the back of this card and you're set. Happy cooking!

Smart Ginger Turkey Meatballs

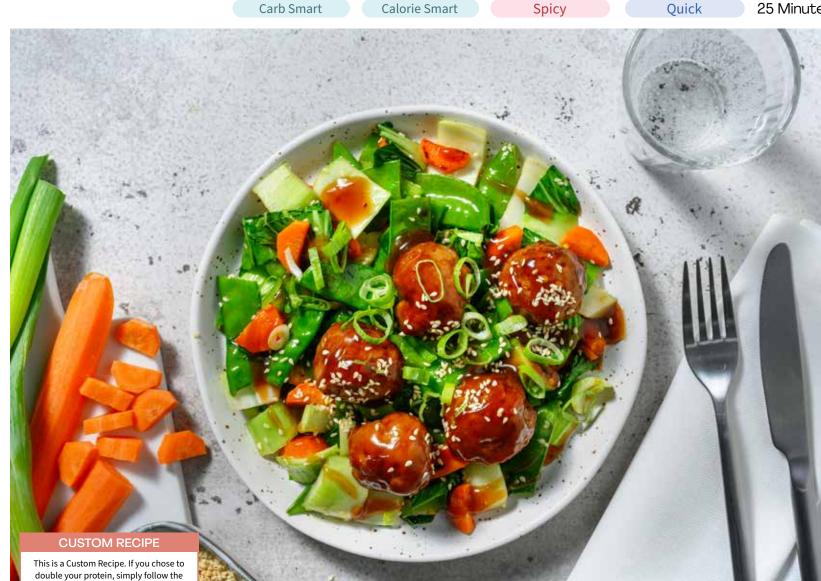
with Sesame Veggie Stir-Fry

Spicy

Quick

25 Minutes







Ground Turkey











Panko Breadcrumbs

Chili-Garlic Sauce

Snow Peas





Sesame Seeds





Sweet Chili Sauce





Cornstarch



Shanghai Bok Choy



Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

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

Heat Guide for Step 3:

- Mild: ½ tsp (1 tsp)
 - p) Medium: **1 tsp** (2 tsp)
- Spicy: **1** ½ **tsp** (1 tbsp) Extra-spicy: **2 tsp** (4 tsp)

Bust out

Baking sheet, 2 medium bowls, measuring spoons, parchment paper, vegetable peeler, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Double Ground Turkey	500 g	1000 g
Carrot	1	2
Green Onion	2	4
Ginger	30 g	60 g
Panko Breadcrumbs	⅓ cup	½ cup
Sesame Seeds	1 tbsp	2 tbsp
Hoisin Sauce	⅓ cup	½ cup
Sweet Chili Sauce 🥒	2 tbsp	4 tbsp
Chili-Garlic Sauce	1 tbsp	2 tbsp
Cornstarch	1 tbsp	2 tbsp
Snow Peas	56 g	113 g
Shanghai Bok Choy	2	4
Oil*		

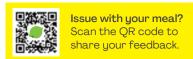
Salt and Pepper*

- * 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.





Form and bake meatballs

- Peel, then mince or grate
- 1 tbsp (2 tbsp) ginger.
- · Line a baking sheet with parchment.
- Add turkey, panko, half the ginger and 1/4 tsp (1/2 tsp) salt to a medium bowl. Season with pepper, then combine.
- With wet hands, roll **mixture** into **10 equal- sized meatballs** (20 meatballs for 4 ppl).
- Arrange on the prepared sheet. Bake in the middle of the oven until meatballs are cooked through, 10-12 min.**

If you've opted for **double turkey**, add an **extra** 1/4 **tsp** (1/2 tsp) **salt** to the **turkey mixture**. Roll into **20 equal-sized meatballs** (40 meatballs for 4 ppl).



Cook veggies

- Reheat the same pan over medium-high.
- When hot, add carrots and ¼ cup (⅓ cup)
 water. Cook, stirring often, until carrots are tender-crisp and water is absorbed, 3-5 min.
- Add ½ tbsp (1 tbsp) oil, then snow peas and bok choy. Cook, stirring often, until all veggies are tender-crisp, 2-3 min.
- Remove from heat, then add
 half the sesame seeds. Season with salt and pepper, to taste, then toss to coat.
- Transfer **veggies** to a plate, then cover to keep warm.



Toast sesame seeds

- Meanwhile, heat a large non-stick pan over medium heat.
- Add **sesame seeds** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (TIP: Keep your eye on them so they don't burn!)
- Remove from heat.
- Transfer **sesame seeds** to a plate.



Prep

- Thinly slice green onions.
- Trim, then halve **snow peas**.
- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Cut **bok choy** into 1-inch pieces. (TIP: Rinse bok choy leaves to wash away any hidden dirt!)
- Whisk together hoisin sauce, sweet chili sauce, half the cornstarch (use all for 4 ppl), ¾ cup (1 ¼ cups) water and 1 tsp (2 tsp) chili-garlic sauce in another medium bowl. (NOTE: Reference heat guide.)



Cook sauce

- When **veggies** and **meatballs** are done, reheat the same pan over medium.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **remaining ginger**. Stir until fragrant, 30 sec.
- Add sauce mixture. Bring to a gentle boil.
 Once boiling, cook, stirring often, until sauce thickens slightly, 2-3 min.
- Add **meatballs** to the pan with **sauce**. Toss to coat. (**TIP**: If you prefer a lighter sauce, add more water, 1 tbsp at a time!)



Finish and serve

- Divide veggies between bowls. Top with meatballs and any remaining sauce from the pan.
- Sprinkle **remaining green onions** and **remaining sesame seeds** over top.
- Drizzle **any remaining chili-garlic sauce** over top, if desired.

Dinner Solved!