














# Thai-Style Turkey 'Pad Krapow' with Green Beans

Optional Spice 30 Minutes



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-  Ground Turkey
-  Ground Chicken
-  Lime
-  Red Chili Pepper
-  Green Beans
-  Brown Sugar
-  Onion, chopped
-  Jasmine Rice
-  Ginger-Garlic Puree
-  Fish Sauce
-  Soy Sauce

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO SOY SAUCE

The secret to adding umami to a dish!

## Start here

Before starting, wash and dry all produce.

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

### Heat Guide for Step 4:

- Mild: **1/8 tsp** (1/4 tsp)
- Medium: **1/4 tsp** (1/2 tsp)
- Spicy: **1/2 tsp** (1 tsp)
- Extra-spicy: **1 tsp** (2 tsp)

## Bust out

Measuring spoons, strainer, zester, medium pot, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Ground Chicken	250 g	500 g
Lime	1	1
Red Chili Pepper	1	2
Green Beans	170 g	340 g
Brown Sugar	2 tbsp	4 tbsp
Onion, chopped	56 g	113 g
Jasmine Rice	3/4 cup	1 1/2 cups
Ginger-Garlic Puree	2 tbsp	4 tbsp
Fish Sauce	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook turkey and chicken to a minimum internal temperature of 74°C/165°F.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## 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.



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1



### Cook rice

- Add **1 cup** (2 cups) **water** and **1/8 tsp** (1/4 tsp) **salt** 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 water**, then reduce heat to medium-low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

4



### Start turkey

- Add **1 tbsp** (2 tbsp) **oil** to the same pan, then **onions** and **turkey**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. \*\* Season with **salt** and **pepper**.
- Add **chilies**, **brown sugar** and **ginger-garlic puree**. (**NOTE:** Reference heat guide.)
- Cook, stirring often, until **turkey mixture** is fragrant and turns dark-brown, 2-3 min.

If you've opted to get **chicken**, cook it in the same way the recipe instructs you to cook the **turkey**. \*\*

2



### Prep

- Meanwhile, trim, then halve **green beans**.
- Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges.
- Finely chop **chili**. (**TIP:** Remove seeds for less heat. We suggest using gloves when prepping chilies!)

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### Finish turkey

- Remove the pan from heat.
- Stir in **lime zest**, **soy sauce**, **fish sauce**, **green beans**, **2 tsp** (4 tsp) **lime juice** and **2 tbsp** (4 tbsp) **water**.
- Cook, stirring often, until **green beans** are warmed through, 1-2 min.

3



### Cook green beans

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **green beans**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until tender-crisp, 2-3 min.
- Transfer to a plate, then cover to keep warm.

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### Finish and serve

- Fluff **rice** with a fork, then season with **salt** and **pepper**, to taste.
- Divide **rice** between plates.
- Top with **turkey stir-fry**.
- Squeeze a **lime wedge** over top, if desired.

Dinner Solved!