

# Thai-Style Turkey 'Pad Krapow'

with Green Beans









**Ground Turkey** 









Red Chili Pepper

**Brown Sugar** 

Jasmine Rice

Green Beans



Onion, chopped









Soy Sauce

Fish Sauce

**HELLO SOY SAUCE** 

# Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

4 person Ingredient

#### **Heat Guide for Step 4:**

- Mild: 1/8 tsp (1/4 tsp)
- Medium: ¼ tsp (½ 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**

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	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	¾ cup	1 ½ cups
Ginger-Garlic Puree	2 tbsp	4 tbsp
Fish Sauce	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Oil*		

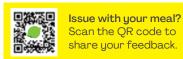
Salt and Pepper\*

- \* 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.





#### 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.



#### 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!)



- 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.



## 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**.\*\*



# 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.



#### 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!**