

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

Optional Spice 30 Minutes









2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥





1 | 2



Ground Turkey



250 g | 500 g



1 | 1



Red Chili Pepper 🤳



1 | 2



170 g | 340 g



Brown Sugar



2 tbsp | 4 tbsp

56 g | 113 g



34 cup | 1 ½ cup



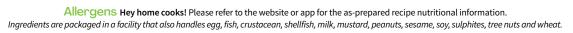
Ginger-Garlic Puree 2 tbsp | 4 tbsp



Fish Sauce 1 tbsp | 2 tbsp



1 tbsp | 2 tbsp



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



Cook rice

- Before starting, wash and dry all produce.
- Heat Guide for Step 4: 1/8 tsp (1/4 tsp) mild. 1/4 tsp (1/2 tsp) medium, 1/2 tsp (1 tsp) spicy and 1 tsp (2 tsp) extra-spicy!
- 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

5

Finish turkeu

• Remove the pan from heat.

warmed through, 1-2 min.

2 tbsp (4 tbsp) water.

beans, 2 tsp (4 tsp) lime juice and

Stir in lime zest, soy sauce, fish sauce, green

• Cook, stirring often, until **green beans** are

- 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!)



Cook green beans

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



4 | Cook tofu

the turkev.**

Measurements

within steps

O Swap | Tofu

If you've opted to get tofu, add **1 tbsp** (2 tbsp) oil to the same pan, then onions and tofu. Cook, stirring often, until **tofu** is golden-brown all over, 6-7 min. Season with salt and pepper. Add chilies, brown sugar and ginger-garlic puree. (NOTE: Reference heat guide.) Cook, stirring often, until **tofu** mixture is fragrant and turns dark-brown, 2-3 min.

1 tbsp

4 | Cook ground chicken

Swap | Ground Chicken

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

oil

(2 tbsp)



Start turkeu

Swap | Ground Chicken

🗘 Swap | Tofu

- 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.
 - ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
 - * Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.



Finish and serve

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



Issue with your meal? Scan the QR code to share your feedback.