



SWEET CHILI TURKEY & GREEN BEAN BOWLS

with Crispy Fried Onions & Cilantro

INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups
Jasmine Rice



6 oz | 12 oz
Green Beans



1 | 1
Lime



¼ oz | ¼ oz
Cilantro



10 oz | 20 oz
Ground Turkey



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Sesame,
Soy, Wheat



1 oz | 2 oz
Sweet Thai
Chili Sauce



1 | 2
Crispy Fried Onions
Contains: Wheat



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THERE TOO. SCAN HERE TO GET HELP!

**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Ground Beef**

Calories: 990



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 850



HELLO

SWEET THAI CHILI SAUCE

Bringing spicy, sweet, and umami flavor to juicy ground turkey

SO IM-PRESSED

In step 3, we ask you to press the turkey into an even layer before breaking it up. Why? Giving the meat a few undisturbed minutes in the hot pan (sans stirring) will help it brown and develop crispy, almost caramelized edges.

BUST OUT

- Small pot
- Medium bowl
- Large pan
- Plastic wrap
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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1 COOK RICE

- In a small pot, combine **rice**, **1½ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



2 PREP

- Meanwhile, **wash and dry produce**.
- Trim **green beans** if necessary; cut crosswise into 2-inch-long pieces. Quarter **lime**. Pick **cilantro leaves** from stems; roughly chop leaves.



3 COOK TURKEY

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **turkey***; season with **salt** and **pepper**. Using a spatula, press into an even layer. Cook, undisturbed, until browned on bottom, 3-4 minutes.
- Break up meat into pieces and continue cooking until turkey is cooked through, 2-4 minutes more.

Swap in **beef*** for turkey.



4 COOK GREEN BEANS

- While turkey cooks, add **green beans** and a **splash of water** to a medium microwave-safe bowl; cover with plastic wrap. Microwave until tender, 1-2 minutes. (**TIP: No microwave? No problem! Steam beans in a small pot with a splash of water until just tender, 5-7 minutes.**) Carefully drain any excess water.



5 FINISH STIR-FRY

- To pan with **turkey**, stir in cooked **green beans**, **sweet soy glaze**, **chili sauce**, and **1 TBSP butter (2 TBSP for 4 servings)**. Cook, stirring, until turkey mixture is thoroughly coated, 1-2 minutes.
- Remove from heat and stir in a **squeeze of lime juice** to taste.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)**. Season with **salt** and **pepper**.
- Divide between bowls and top with **turkey stir-fry**. Sprinkle with **crispy fried onions** and **chopped cilantro**. Serve with any **remaining lime wedges** on the side.

*Ground Turkey is fully cooked when internal temperature reaches 165°.

*Ground Beef is fully cooked when internal temperature reaches 160°.