



INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Jasmine Rice



5 tsp | 10 tsp
Rice Wine Vinegar



4 oz | 8 oz
Shredded Red Cabbage



2 TBSP | 4 TBSP
Soy Sauce
Contains: Soy, Wheat



1 tsp | 2 tsp
Garlic Powder



1 TBSP | 2 TBSP
Cornstarch



1 oz | 2 oz
Gochujang Sauce
Contains: Soy, Wheat



1.5 oz | 3 oz
Sesame Dressing
Contains: Soy, Wheat



1 tsp | 2 tsp
Sriracha



6 oz | 12 oz
Broccoli, Cauliflower, and Carrot Blend



10 oz | 20 oz
Ground Turkey



6 ml | 12 ml
Ponzu Sauce
Contains: Fish, Soy, Wheat



1 TBSP | 2 TBSP
Sesame Seeds

HELLO

GOCHUJANG

This deeply flavored Korean chili paste adds sweet heat to marinades, sauces, and stews. Here, it gives a mild kick to this punchy stir-fry.

SPICY-SWEET TURKEY STIR-FRY RICE BOWLS

with Gochujang Sauce, Pickled Cabbage & Sesame Seeds



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 730



MAKE IT GRAIN

The key to the perfect pot of rice? Let it do its thing! Once your water boils in step 1, immediately cover the pot with a tight-fitting lid and reduce heat to the lowest setting. Let the rice simmer until no water remains (and resist the urge to peek in the middle of cooking!). Finally, let the pot sit covered off heat while you cook the rest of the meal. This crucial step allows the moisture to redistribute, giving you tender, fluffy grains every time.

BUST OUT

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

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1 COOK RICE

- In a small pot, combine **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then reduce heat to low. Cook, covered, until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



2 PICKLE CABBAGE

- In a medium microwave-safe bowl (use a large bowl for 4 servings), combine **vinegar**, **1 tsp sugar (2 tsp for 4)**, **2 TBSP water (4 TBSP for 4)**, and a **big pinch of salt**. Whisk until sugar and salt have dissolved. Microwave for 1 minute.
- Stir in **cabbage**. Set aside to pickle, stirring occasionally.



3 MAKE SAUCE

- In a small bowl, combine **soy sauce**, **garlic powder**, **cornstarch**, and **¼ cup water (½ cup for 4 servings)**. Whisk until no lumps remain.
- Stir in **gochujang**, **sesame dressing**, and **Sriracha (use less if you prefer less heat)** until combined.



4 COOK VEGGIES

- Cut **broccoli** and **cauliflower** into bite-size pieces if necessary.
- Place broccoli, cauliflower, and **carrots** in a second medium microwave-safe bowl (use a large bowl for 4 servings); cover bowl with plastic wrap. Microwave until tender, 2 minutes.



5 COOK TURKEY

- Meanwhile, heat a **drizzle of oil** in a large pan over medium-high heat. Add **turkey*** and season with **¼ tsp salt (½ tsp for 4 servings)**. Cook, breaking up meat into pieces, until browned and almost cooked through, 3-5 minutes.
- Stir in **sauce** and **broccoli, cauliflower, and carrots**. Cook, stirring, until sauce has thickened and turkey is cooked through, 1-2 minutes more.



6 FINISH & SERVE

- Fluff **rice** with a fork. Stir in **ponzu** and **1 TBSP butter (2 TBSP for 4 servings)**; season with **salt** and **pepper**.
- Divide rice, **stir-fry**, and **pickled cabbage (draining first)** between bowls. Sprinkle with **sesame seeds** and serve.

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