

INGREDIENTS

2 PERSON | 4 PERSON



1/2 Cup | 1 Cup Jasmine Rice



5 tsp | 10 tsp Rice Wine Vinegar



Shredded Red Cabbage



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



1 tsp | 2 tsp Garlic Powder



1 TBSP | 2 TBSP Cornstarch

1 tsp | 2 tsp

Sriracha 🖠



loz 2 oz Gochujang Sauce Contains: Soy,



1.5 oz | 3 oz Sesame Dressing Contains: Soy,



10 oz | 20 oz **Ground Turkey**



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



6 oz | 12 oz

Broccoli,

Cauliflower, and

Carrot Blend

1 TBSP | 2 TBSP Sesame Seeds

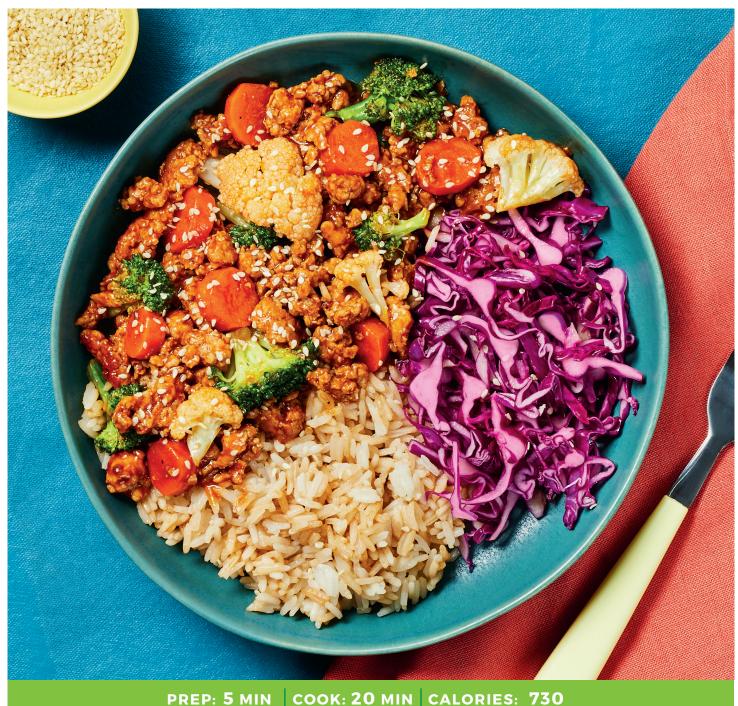
HELLO

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



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



1 COOK RICE

- In a small pot, combine **rice**, **% 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 (⅓ 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.