



Teriyaki Turkey Rice Bowl

with Stir-fried Veggies and Sesame Rice

Quick

30 Minutes



Ground Turkey



Jasmine Rice



Sweet Bell Pepper



Shanghai Bok Choy



Carrot



Sesame Seeds



Garlic



Teriyaki Sauce



Cornstarch



Hoisin Sauce



Green Onions

HELLO HOISIN SAUCE

A sweet and savoury glaze that adds an extra boost of flavour

Start here

Before starting, wash and dry all produce.

Bust Out

Measuring cups, measuring spoons, medium bowl, vegetable peeler, large non-stick pan, microplane/zester, medium pot, whisk

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Jasmine Rice	¾ cup	1 ½ cup
Sweet Bell Pepper	160 g	320 g
Shanghai Bok Choy	227 g	454 g
Carrot	170 g	340 g
Sesame Seeds	1 tbsp	2 tbsp
Garlic	3 g	6 g
Teriyaki Sauce	¼ cup	½ cup
Cornstarch	½ tbsp	1 tbsp
Hoisin Sauce	2 tbsp	4 tbsp
Green Onions	2	4
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Cut **bok choy** into 1-inch pieces. Thinly slice the **green onions**. Peel, then mince or grate the **garlic**. Core, then cut the **pepper** into ½-inch pieces. Peel, then cut the **carrot** into ¼-inch coins.



Make sauce

While **veggies** cook, whisk together **hoisin sauce, teriyaki sauce, ½ tbsp cornstarch** and **½ cup water** (dbl both for 4 ppl) in a medium bowl.



Cook sesame rice

Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **garlic, rice** and **half the sesame seeds**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Cook turkey

Heat the same pan (from step 3) over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **turkey**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. ** Add **cornstarch mixture** to pan with **turkey**. Bring to a boil over high heat. Once boiling, cook, stirring often, until **sauce** is slightly thickened, 2-3 min. Season with **salt** and **pepper**.



Cook veggies

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then the **carrots** and **peppers**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**. Add the **bok choy**. Cook, until softened, 2-3 min. Remove pan from heat, then transfer the **veggies** to a plate. Cover to keep warm.



Finish and serve

Fluff **rice** with a fork, then stir in **half the green onions** and season with **salt**. Divide **rice** between bowls. Top with **veggies, turkey** and **sauce** from the pan. Sprinkle with **remaining sesame seeds** and **remaining green onions**.

Dinner Solved!