



Caramelized Honey-Garlic Turkey Noodles

with Snow Peas and Sesame Seeds

Spicy

Quick

25 Minutes



Ground Turkey



Carrot, julienned



Snow Peas



Honey-Garlic Sauce



Soy Sauce



Ginger-Garlic Puree



Linguine



Chili-Garlic Sauce



Green Onion



Sesame Seeds

HELLO SESAME SEEDS

These little seeds explode with flavour when toasted!

Start here

- Before starting, add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

Heat Guide for Step 2:

- Mild: **½ tbsp** (1 tbsp)
- Medium: **1 tbsp** (2 tbsp)
- Spicy: **1 ½ tbsp** (3 tbsp)
- Extra-spicy: **2 tbsp** (4 tbsp)

Bust out

Colander, measuring spoons, small bowl, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Carrot, julienned	56 g	113 g
Snow Peas	113 g	227 g
Honey-Garlic Sauce	4 tbsp	8 tbsp
Soy Sauce	2 tbsp	4 tbsp
Ginger-Garlic Puree	2 tbsp	4 tbsp
Linguine	170 g	340 g
Chili-Garlic Sauce 🌶️	2 tbsp	4 tbsp
Green Onion	1	2
Sesame Seeds	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional 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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Cook linguine

- Add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **¼ cup** (½ cup) **pasta water**, then drain and return **linguine** to the same pot, off heat.



Cook veggies

- Add **1 tbsp** (2 tbsp) **oil**, then **snow peas** and **carrots** to the same pan. Cook, stirring occasionally, until **veggies** slightly soften, 2-3 min. Season with **salt** and **pepper**, to taste.



Prep and make sauce mixture

- Meanwhile, trim, then diagonally halve **snow peas**.
- Thinly slice **green onion**.
- Heat a large non-stick pan over medium-high heat.
- Meanwhile, combine **honey-garlic sauce**, **soy sauce**, **ginger-garlic puree** and **1 tbsp chili-garlic sauce** in a small bowl. (**NOTE:** Reference heat guide.)



Sauce noodles

- Increase heat to high.
- Add **turkey**, **noodles** and **remaining sauce mixture** to the pan. Cook, tossing occasionally, until **noodles** are coated and **veggies** are tender-crisp, 1-2 min. (**TIP:** Add 1 tbsp reserved pasta water at a time if noodles get too dry.) Season with **salt** and **pepper**, to taste.



Toast sesame seeds and cook turkey

- When the pan is hot, add **sesame seeds** to the dry pan. Toast, stirring often, until lightly golden, 1-2 min. (**TIP:** Keep your eye on sesame seeds so they don't burn!)
- Add **½ tbsp** (1 tbsp) **oil** to the pan with **sesame seeds**, then **turkey**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Add **3 tbsp** (6 tbsp) **sauce mixture**, then season with **salt** and **pepper**. Cook, stirring often, until **turkey** starts to caramelize, 2-3 min.
- Transfer to a plate.



Finish and serve

- Divide **noodles** between bowls.
- Sprinkle **green onions** over top.

Dinner Solved!