



TURKEY STIR-FRY

With Coconut Rice and Sugar Snap Peas



HELLO COCONUT

Coconut palms are described in Sanskrit as 'the tree which gives all that is necessary for living'.



Turkey Steak



Hoisin Sauce



Soy Sauce



Cornflour



Basmati Rice



Red Pepper



Red Chilli



Sugar Snap Peas



Sesame Seeds



Coconut Powder

MEAL BAG

Hands-on: 10 mins
Total: 35 mins

2 of your
5 a day

Family Box

Turkey is not just for Christmas. Super lean and packed with flavour, turkey steaks make a deliciously healthy addition to tonight's stir-fry. When we invited our kid taste-testers to the Fresh Farm, they gave this recipe full marks, so we're sure it will score highly in your kitchen tonight! Add sesame seeds, coconut powder and chilli to give this family favourite a more sophisticated twist.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, **Measuring Jug**, **Large Saucepan** (with a **Lid**) and **Frying Pan**. Now, let's get cooking!



1 MARINATE THE TURKEY

Chop the **turkey steak** into 1cm wide strips and pop in a mixing bowl. In a small bowl, combine the **hoisin sauce**, **soy sauce**, **cornflour** and **water** (see ingredients for amount) along with a pinch of **salt** and **pepper**. Mix together thoroughly, then add **half** of the **marinade** to the **turkey**. Coat the **turkey** in the **marinade** and leave to one side.

! IMPORTANT: Remember to wash your hands after handling raw meat!



2 COOK THE RICE

Boil the **water** (see ingredients for amount) in a large saucepan with a pinch of **salt**. Stir in the **basmati rice** and cover with a lid. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins. **★ TIP:** The rice will finish cooking in its own steam.



3 DO THE PREP

Meanwhile, halve, then remove the core from the **red pepper** and chop into 1cm pieces (or as small as you can). **★ TIP:** This next bit is optional: if the adults don't like chilli then don't bother! Finely slice the **red chilli** into rounds. Alternatively, if you don't like so much heat, halve the **chilli** lengthways and deseed before slicing.



4 STIR-FRY TIME

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **turkey** and stir-fry until brown on all sides, 4-5 mins. Next, add the **pepper** and cook, stirring, until just soft, 4-5 mins. Now add the **sugar snap peas** and stir-fry for 1-2 mins. Finally, add the remaining **marinade** and cook, stirring, for 2-3 mins. **★ TIP:** If the mixture is a little dry, add a couple of tbsps of water to loosen it up.



5 SERVE THE KIDS

Time to build your own meal! If you want to keep it simple for the kids, serve them as it is: fluff up the **rice** with a fork and serve in bowls with the **stir-fried turkey** and **veggies**, then jazz it up for the adults (see step 6!).



6 JAZZ IT UP

For a little bit more excitement, stir the **sesame seeds** through the **turkey** and **veggies** until they cling to everything. Sprinkle the **coconut powder** into the **rice** and gently stir it through (add as much as you like to taste). Serve the **coconut rice** in bowls with the **hoisin turkey stir-fry** on top, scattered with the **chilli** if you like some heat! **Enjoy!**

4 PEOPLE INGREDIENTS

Turkey Steak, chopped	4
Hoisin Sauce 11) 13) 14)	4 tbsps
Soy Sauce 11) 13)	1½ tbsps
Cornflour	2 tbsps
Water for the Marinade*	4 tbsps
Water for the Rice*	600ml
Basmati Rice	300g
Red Pepper, chopped	2
Red Chilli, sliced	1
Sugar Snap Peas	2 packs
Sesame Seeds 3)	15g
Coconut Powder 7)	50g

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 405G	PER 100G
Energy (kcal)	661	163
(kJ)	2787	687
Fat (g)	15	4
Sat. Fat (g)	9	2
Carbohydrate (g)	89	22
Sugars (g)	17	4
Protein (g)	42	10
Salt (g)	1.9	0.47

ALLERGENS

3) Sesame 7) Milk 11) Soya 13) Gluten 14) Sulphites

Soy Sauce: Water, **Soy** beans, **Wheat**, Salt, Sodium Benzoate.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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