



SAVOURY TURKEY SOUP

with Kale and Udon Noodles

PRONTO



HELLO UDON

A thick wheat noodle popular in Japanese cuisine

TIME: 30 MIN



Minced Turkey



Garlic



Ginger



Chili Pepper



Shallot



Chicken Broth Concentrate



Soy Sauce



Kale, chopped



Udon Noodles



Sesame Oil



Carrot



Green Onions

BUST OUT

- Garlic Press
- Measuring Spoons
- Box Grater
- Measuring Cups
- Medium Pot
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

• Minced Turkey	250 g		500 g
• Garlic	6 g		12 g
• Ginger	30 g		60 g
• Chili Pepper 🌶️	1		2
• Shallot	50 g		100 g
• Chicken Broth Concentrate	2		4
• Soy Sauce 1,4	1 tbsp		2 tbsp
• Kale, chopped	113 g		227 g
• Udon Noodles 1	200 g		400 g
• Sesame Oil 8	4 tsp		8 tsp
• Carrot	170 g		340 g
• Green Onions	2		4

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

0 Seafood/Fruit de Mer	6 Mustard/Moutarde
1 Wheat/Blé	7 Peanut/Cacahuète
2 Milk/Lait	8 Sesame/Sésame
3 Egg/Oeuf	9 Sulphites/Sulfites
4 Soy/Soja	10 Crustacean/Crustacé
5 Tree Nut/Noix	11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Udon noodles only need 2-3 minutes to cook in the soup! Overcooking may cause the noodles to tear apart. In Step 2, use this heat guide to determine what spice level you prefer (dbl each measurement for 4 ppl): **¼ tsp** mild, **½ tsp** medium, **1 tsp** spicy and **2 tsp** extra-spicy!



1 PREP
Wash and dry all produce.* Peel, then mince or grate **garlic**. Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Using a box grater, coarsely grate **carrot(s)**. Thinly slice **green onions**. Peel, then thinly slice **shallot(s)** into ¼-inch slices. Finely chop **kale**. Finely chop **chili**, removing seeds for less heat. (**NOTE:** Wear kitchen gloves when prepping chili, if desired.)



4 FINISH SOUP
Add **3 cups water** (dbl for 4 ppl), **broth concentrates** and **soy sauce** to the pot. Bring to a boil over high heat. Once boiling, reduce heat to medium. Add **kale** and **udon noodles**. Cook, gently stirring together, until **kale** is tender and **noodles** separate, 2-3 min. Season with **salt** and **pepper**.



2 START SOUP
Heat a medium pot over medium heat. (**NOTE:** For 4 ppl, use a large pot.) Add **3 tsp sesame oil** (dbl for 4 ppl), then **shallots**. Cook, stirring occasionally, until **shallots** soften, 4-5 min. Add **garlic, ginger** and **1 tsp chili** (dbl for 4 ppl). (**NOTE:** Reference heat guide in Start Strong). Cook, stirring often, until fragrant, 1 min.



5 FINISH AND SERVE
Divide **soup** and **noodles** between bowls. Sprinkle with **green onions** and drizzle with **remaining sesame oil**.



3 COOK TURKEY
Increase heat for the same medium pot to medium-high. Add **1 tbsp oil** (dbl for 4 ppl), then add **minced turkey** and **carrots** to the pot. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. (**TIP:** Cook to a minimum internal temp. of 74°C/165°F, as size may vary.***) Season with **salt** and **pepper**.

SLURP IT UP!

Loud slurping when eating noodles is considered a compliment in some countries.