



# SESAME TURKEY RAMEN BOWL

with DIY Dashi Broth

PRONTO



## HELLO DIY DASHI

Enoki mushrooms, soy and fish sauce combine to accentuate a savory flavour called umami

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 750



Minced Turkey



Ramen Noodles



Soy Sauce



Fish Sauce



Enoki Mushrooms



Shanghai Bok Choy



Black Sesame Seeds



Green Onions



Garlic



Radishes



Ginger



Chicken Broth Concentrate

## BUST OUT

- Garlic Press
- Measuring Spoons
- Large Non-Stick Pan
- Zester
- Large Pot
- Salt and Pepper
- Measuring Cups
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Minced Turkey 250 g | 500 g
- Ramen Noodles 1,3 240 g | 480 g
- Soy Sauce 1,4 2 tbsp | 4 tbsp
- Fish Sauce 0 2 tsp | 4 tsp
- Enoki Mushrooms 100 g | 200 g
- Shanghai Bok Choy 200 g | 400 g
- Black Sesame Seeds 8 2 tbsp | 4 tbsp
- Green Onions 2 | 4
- Garlic 10 g | 20 g
- Radishes 56 g | 113 g
- Ginger 30 g | 60 g
- Chicken Broth Concentrate 1 | 2

## 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
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 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

Peel ginger using a spoon's edge — you'll be able to maneuver around the knobby bits more easily!



**1 PREP** Wash and dry all produce.\* Peel, then zest or grate **1 tbsp ginger** (dbl for 4 ppl). Mince or grate the **garlic**. Cut and discard 1-inch off the root end of the **enoki mushrooms**. Thinly slice the **green onions**. Thinly slice the **radish** into 1/8-inch matchsticks. Cut the **bok choy** into 1-inch pieces.



**4 FINISH AND SERVE** Add the **ramen noodles** and **remaining mushrooms** to the **boiling broth**. Cook, gently stirring, until the **mushrooms** are tender and the **noodles** separate, 2-3 min. Divide the **ramen** between bowls. Top with the **sesame turkey**, **radish matchsticks** and **green onion**.



**2 START BROTH** Heat a large pot over medium heat. When the pot is hot, add **1 tbsp oil** (dbl for 4 ppl), then the **garlic**, **ginger**, **bok choy** and **half the mushrooms**. Cook, stirring occasionally, until the **mushrooms** are tender, 2-3 min. Add **4 cups water** (dbl for 4 ppl), **broth concentrate(s)**, **soy sauce** and **fish sauce**. Cover and bring up to a boil over high heat.



**TAKE IT TO THE NEXT LEVEL, HERE IS A QUICK HELLOFRESH HACK:** If you have eggs at home, in a small pot, add 3 cups water. Cover and bring to a boil over high heat. Once boiling, reduce the heat to medium-low (or simmering). Add 2 eggs. Cook for 7 min for a runny yolk or 9 min for a set yolk.



**3 COOK TURKEY** Meanwhile, heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then the **turkey**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F.\*\*\*) Sprinkle over **sesame seeds**. Toast, stirring together, 1-2 min. Remove from heat and set aside.



Remove the pot from the heat and carefully using a slotted spoon, remove the eggs from water. Run eggs under cold water, 1 min. Peel and cut egg in half. Serve on top of Ramen.

## DELICIOUS!

Grab the chopsticks and don't forget to slurp up every last drop of broth!