



SPEEDY MISO TURKEY STIR-FRY

with Bok Choy, Baby Corn and Jasmine Rice



BALANCED RECIPE



HELLO TURKEY

Turkey is also a great source of selenium, selenium contributes to maintaining normal hair and nail growth.



Jasmine Rice



Bok Choy



Baby Corn



Spring Onion



Red Chilli



Ginger



Garlic Clove



Lime



Soy Sauce



Miso Paste



Turkey Steak

MEAL BAG

20 mins

1 of your 5 a day

Little heat

Balanced

Under 550 calories

High Protein

Packed with hidden veggies and on the table in 20 minutes, this is a recipe the whole family will love. It's made with miso, a seasoning made from fermented soybeans that is extremely salty and tangy on its own. However, when it's drizzled over fresh veg like mild-flavoured, juicy bok choy and crunchy baby corn, it brings a unique burst of rich umami flavour. Combine with lean turkey and zingy lime zest for a dish that ticks all the boxes.

7

BEFORE YOU START

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



1 COOK THE RICE

Pour the **water** for the rice (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, add a pinch of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered). Leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



4 FLAVOUR THE TURKEY

Chop the **turkey steak** into 2cm chunks and sprinkle on the **lime zest**. Season with **salt** and **pepper**. Use your hands to rub the **flavourings** over the **turkey pieces**.
! IMPORTANT: Remember to wash your hands and equipment after handling raw meat. Heat a splash of **oil** in a large frying pan over medium-high heat.



2 PREP TIME

Trim the end off the **bok choy** then chop widthways into 2cm thick chunks. Halve the **baby corn** lengthways. Trim the **spring onion** then thinly slice. Halve the **chilli** lengthways, deseed then finely chop. Peel and grate the **ginger** and **garlic** (or use a garlic press).



5 STIR-FRY!

When the **oil** is hot, add the **turkey**. Stir-fry until browned, 3-4 mins. Add the **baby corn** and **bok choy**. Cook for another 2 mins before adding the **garlic**, **ginger** and **half the spring onion**. Stir-fry for another minute. Pour in the **sauce**, lower the heat and simmer until the **turkey** is cooked through, 2-3 mins.
! IMPORTANT: The turkey is cooked when it is no longer pink in the middle.



3 MAKE THE SAUCE

Zest, then halve the **lime**. Squeeze the **lime juice** into a small bowl. Mix in the **soy sauce**, **miso paste** and **water** for the sauce (see ingredients for amount). Keep to one side.



6 FINISH AND SERVE

Fluff up the **rice** with a fork. Share between your bowls and top with the **stir-fry**. Spoon over any sauce left in the pan and finish with a sprinkling of the remaining **spring onion** and some **red chilli** for those who want a kick. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Bok Choy *	1	2	2
Baby Corn *	1 pack	1½ packs	2 packs
Spring Onion *	1	2	2
Red Chilli *	½	¾	1
Ginger *	½ piece	¾ piece	1 piece
Garlic Clove *	1	2	2
Lime *	1	1½	2
Soy Sauce (11) (13)	½ sachet	1 sachet	1 sachet
Miso Paste (11)	1	1½	2
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp
Turkey Steak *	2	3	4

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 353G	PER 100G
Energy (kJ/kcal)	2077 / 497	589 / 141
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	64	18
Sugars (g)	4	1
Protein (g)	49	14
Salt (g)	1.78	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

11) Soya 13) Gluten

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

THUMBS UP OR THUMBS DOWN?

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