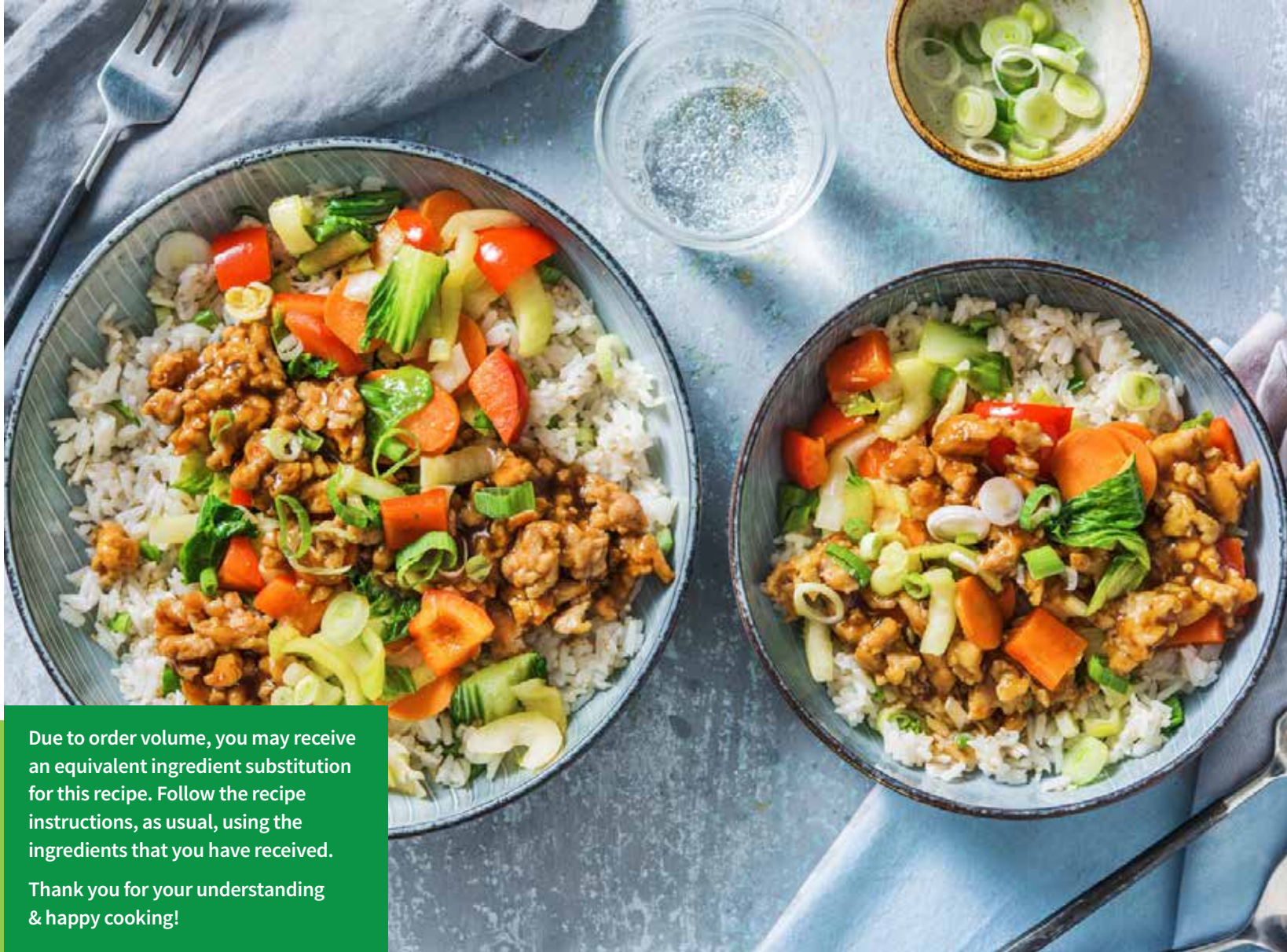




# Teriyaki Turkey Rice Bowl

with Stir-fried Veggies and Sesame Rice

35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Ground Turkey



Jasmine Rice



Sweet Bell Pepper



Baby Bok Choy



Carrot



Sesame Seeds



Garlic



Teriyaki Sauce



Cornstarch



Hoisin Sauce



Green Onions

## HELLO HOISIN SAUCE

A sweet and savoury glaze that adds an extra boost of flavour

## Start here

Before starting, wash and dry all produce.

## Bust Out

Measuring cups & spoons, medium bowl, large pan, microplane/zester, medium pot, whisk, vegetable peeler

## Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Jasmine Rice	¾ cup	1 ½ cup
Sweet Bell Pepper	160 g	320 g
Baby Bok Choy	113 g	227 g
Carrot	170 g	170 g
Sesame Seeds	1 tbsp	2 tbsp
Garlic	3 g	6 g
Teriyaki Sauce	¼ cup	½ cup
Cornstarch	1 tbsp	1 tbsp
Hoisin Sauce	2 tbsp	4 tbsp
Green Onions	2	4
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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## Prep

Thinly slice the **green onion**. Peel, then mince or grate the **garlic**. Core, then cut **bell peppers** into ½-inch pieces. Peel, then cut the **carrot** into ¼-inch coins.



## Cook garlic rice

Heat a medium pot over medium heat. When hot, add ½ **tbsp oil**, then **garlic, rice** and **half the sesame seeds**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups water** (dbl for 4ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



## Cook veggies

Heat a large pan over medium-high heat. When hot add **1 tbsp oil** (dbl for 4ppl) then the **carrots** and **peppers**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**. Add the **bok choy**. Cook, until softened, 2-3 min. Remove pan from heat, then transfer the **veggies** to a plate. Cover to keep warm.



## Make sauce

While **veggies** cook, whisk together **hoisin sauce, teriyaki sauce, ½ tbsp cornstarch** and **½ cup water** (dbl both for 4ppl) in a medium bowl. Set aside.



## Cook turkey

Heat the same pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4ppl), then **turkey**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.\*\* Add **cornstarch mixture** to pan with **turkey**. Bring to a boil over high heat, then cook, stirring often, until **sauce** is slightly thickened, 2-3 min. Season with **salt** and **pepper**.



## Finish and serve

Fluff **rice** with a fork, then stir in **half the green onions** and season with **salt**. Divide **rice** between bowls. Top with **veggies, turkey** and **sauce** from the pan. Sprinkle with **remaining sesame seeds** and **remaining green onions**.

## Dinner Solved!