



Thai Turkey 'Pad Krapow' with Green Beans

Optional Spice

30 Minutes



Ground Turkey



Lime



Chili Pepper



Green Beans



Brown Sugar



Onion, chopped



Basmati Rice



Ginger



Soy Sauce



Cilantro



Garlic Puree

HELLO PAD KRAPOW

Looking for spicy, sweet, savoury and fresh flavours in one bite? Here it is! Enjoy!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 4 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp
- Extra-spicy: 2 tsp

Bust out

Microplane/zester, measuring spoons, medium pot, measuring cups, vegetable peeler, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Lime	1	2
Chili Pepper 🌶️	1	2
Green Beans	170 g	340 g
Brown Sugar	2 tbsp	4 tbsp
Onion, chopped	56 g	113 g
Basmati Rice	¾ cup	1 ½ cup
Ginger	30 g	60 g
Soy Sauce	2 tbsp	4 tbsp
Cilantro	7 g	14 g
Garlic Puree	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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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1 Prep

Add **1 ¼ cups water** (dbl for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, trim, then halve **green beans**. Roughly chop **cilantro**. Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Zest, then cut **lime** into wedges. Finely chop **chili**, removing seeds for less heat. (**NOTE:** We suggest using gloves when prepping chili!)



4 Start turkey

Add **1 tbsp oil** (dbl for 4 ppl) to the same pan, then **onions, ginger, garlic puree** and **½ tsp chili**. (**NOTE:** Reference Heat Guide.) Cook, stirring often, until fragrant, 1-2 min. Add **turkey**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**



2 Cook rice

Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



5 Finish turkey

Sprinkle **brown sugar** over **turkey mixture**. Cook, stirring often, until **turkey mixture** is dark golden-brown, 2-3 min. Stir in **lime zest, soy sauce, green beans** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring often, scraping up any **browned bits** from bottom of the pan, until **green beans** are warmed through, 1 min.



3 Cook green beans

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **green beans**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Transfer to a plate and set aside.



6 Finish and serve

Fluff **rice** with a fork, then stir in **half the cilantro**. Divide the **cilantro rice** between plates. Top with **turkey mixture** and sprinkle with the **remaining cilantro**. Squeeze over a **lime wedge**, if desired.

Dinner Solved!