



# TURKEY STIR-FRY

with Tenderstem® and Mangetout



BALANCED RECIPE



## HELLO TURKEY

Turkey is a white meat which is considered to be a lean protein. Turkey breast has 8% more protein compared to chicken breast. Protein contributes to a growth in muscle mass.



Brown Basmati Rice



Turkey Steak



Ginger



Garlic Clove



Red Chilli



Lime



Soy Sauce



Sriracha



Mirin



Tomato Purée



Spring Onion



Tenderstem® Broccoli



Mangetout

MEAL BAG

20 mins

1 of your 5 a day

Medium heat

Balanced

Under 550 calories

High Protein

Spicy, garlicky and a little sweet, our turkey stir-fry is a quick and easy midweek treat. Turkey is a versatile meat thanks to its neutral flavour, so it's great with the array of spice in this dish. Our chefs have paired the meat with crisp and crunchy veg, tenderstem® and mangetout, to keep things light. Plus their bitter and sweet flavour adds another dimension to this dish. Serve with brown rice, a sprinkle of lime zest, spring onion and some chilli for a kick and zing that'll really make this meal pop!

GET **PREPARED!**

Fill and boil your **Kettle**.

## BEFORE YOU START

🔥 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Large Saucepan** (with a Lid), **Sieve**, **Fine Grater**, **Mixing Bowl** and **Large Frying Pan** (or **Wok**). Let's start cooking the **Turkey Stir-Fry with Tenderstem and Mangetout**.



### 1 COOK THE BROWN RICE

- Fill a large saucepan with the **water** from your kettle and bring back to the boil with a pinch of **salt**, for the **rice**. When boiling, stir in the **brown rice** and cook for 20 mins.   
★ **TIP:** Add more water if it starts to evaporate too much.
- When cooked, drain the **rice** thoroughly in a sieve and return to the saucepan, off the heat. Cover with a lid to keep warm.



### 4 FRY THE TURKEY

- When hot, carefully lift the **turkey pieces** out of their **marinade** and into the pan - leave as much **marinade** behind in the bowl as you can, we will use it later.
- Stir-fry the **turkey** until browned on the outside, 2-3 mins.   
★ **TIP:** Don't worry if it chars a little, this will add to the flavour! Lower the heat and add the **tenderstem**. Stir-fry for another 2-3 mins.



### 2 MARINATE THE TURKEY

- Meanwhile, chop the **turkey** into 2cm chunks. Peel and grate the **ginger** and **garlic** (or use a garlic press). Halve the **chilli**, deseed and finely chop. Zest the **lime** and chop in half.
- Put the **ginger, garlic, soy sauce, sriracha, mirin, tomato purée, lime juice** and a pinch of **chilli** in a mixing bowl. Stir to combine. Add the **turkey** and use your hands to coat thoroughly.   
❗ **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



### 5 FINISH UP

- Add the **mangetout** to the pan and stir-fry for 2 mins, then reduce the heat and add the remaining **marinade**.
- Stir together and cook until the **sauce** is glossy, the **veggies** are soft and the **turkey** is cooked through, 3-4 mins.   
★ **TIP:** Add a splash of water if it looks dry.   
❗ **IMPORTANT:** The turkey is cooked when it is no longer pink in the middle.



### 3 PREP THE VEGGIES

- Trim the **spring onion** and finely slice. Chop the **tenderstem** in half widthways.
- Heat a drizzle of **oil** in a wok or large frying pan on high heat.



### 6 SERVE

- Fluff up the **rice** with a fork and stir through the **lime zest, spring onion** and remaining **chilli**.
- Season to taste with **salt** and **pepper**. Serve in bowls with the **turkey stir-fry** on top.

Enjoy!

## 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Brown Basmati Rice	150g	225g	300g
Turkey Steak *	2	3	4
Ginger *	1 piece	1½ pieces	2 pieces
Garlic Clove *	2	3	4
Red Chilli *	½	¾	1
Lime *	1	1½	2
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Sriracha	1 sachet	1½ sachets	2 sachets
Mirin	1 sachet	1½ sachets	2 sachets
Tomato Purée	½ sachet	¾ sachet	1 sachet
Spring Onion *	2	3	4
Tenderstem® Broccoli* *	1 pack	¾ pack	1 pack
Mangetout *	1 pack	¾ pack	1 pack

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 376G	PER 100G
Energy (kJ/kcal)	2201/526	586/140
Fat (g)	5	1
Sat. Fat (g)	1	1
Carbohydrate (g)	67	18
Sugars (g)	7	2
Protein (g)	52	14
Salt (g)	2.30	0.61

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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HelloFresh UK

Packed in the UK

The Fresh Farm  
60 Worship St, London EC2A 2EZ

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