



Asian Turkey Stir-Fry

with Noodles and Peppers



HELLO CHILLI

The heat of chillies is measured in scovilles, named after Wilbur Scoville who invented the scale in 1912.



Green Pepper



Red Pepper



Carrot



Garlic Clove



Red Chilli



Coriander



Turkey Steak



Egg Noodles



Mango Chutney



Ketchup



Soy Sauce



Lime



Salted Peanuts

MEAL BAG

Hands on: **25** mins
Total: **35** mins

1 of your
5 a day

Medium heat

Family Box

Mango chutney, ketchup and soy sauce are the unexpected heroes of tonight's stir-fry sauce. When it comes to creating amazing flavours, Chef André rarely gets it wrong. As a father of two, he's no stranger to fussy eaters and is constantly on the lookout for ways he can get his kids to try new foods. Packed with hidden veggies and on the table in 35 minutes, this is a recipe the whole family will love.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Coarse Grater, Fine Grater** (or **Garlic Press**), **Colander** and **Large Frying Pan**. Now, let's get cooking!



1 PREP TIME

Put a large saucepan of water with a pinch of salt on to boil for the noodles. Halve the **peppers** and discard the cores and seeds. Slice into thin strips. Trim the **carrot** (no need to peel) and grate on the coarse side of your grater. Peel and grate the **garlic** (or use a garlic press). Thinly slice the **red chilli** and roughly chop the **coriander** (stalks and all). Slice the **turkey steak** into 1/2cm wide strips.

! IMPORTANT: Remember to wash your hands and equipment after handling raw meat.



4 STIR-FRY THE TURKEY

Heat a splash of **oil** in a large frying pan or wok over medium-high heat. When the **oil** is hot, add the **turkey** and stir-fry until browned and cooked through, 7-8 mins. **★ TIP:** You might want to cook the turkey in batches to prevent it stewing, rather than frying. Transfer the **turkey** to a bowl once cooked, then return the pan to the heat. **! IMPORTANT:** The turkey is cooked when it is no longer pink in the middle.



2 COOK THE NOODLES

Place the **noodles** in the pan of boiling **water**, lower the heat to a simmer and cook the **noodles** for 3-4 mins. Drain in a colander, then return to the pan (off the heat) and refill with **cold water**. **★ TIP:** This will stop them cooking anymore and prevent the noodles from sticking together.



5 ADD THE VEGGIES

Add another splash of **oil** to your now empty frying pan if necessary and when hot add the **peppers**. Stir-fry until softened, 4-5 mins before adding the **carrot, garlic** and **sauce**. Bring to the boil and add the **turkey** and **noodles** to the pan. Toss to coat in the **sauce** and cook until everything is piping hot, 2-3 mins. Stir frequently.



3 MAKE THE SAUCE

While the noodles cook, mix the **mango chutney** with the **ketchup, soy sauce** and the **water** (see ingredients for amount) in a small bowl. Keep to one side. Chop the **lime** into wedges. Crush the **peanuts** to a fine crumb using the base of a saucepan.



6 SERVE

Divide the **stir-fry** between your plates. Add a sprinkling of **peanuts, coriander** and **chilli** (or serve without any toppings if liked). Finish with a **wedge of lime**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Green Pepper *	1/2	3/4	1
Red Pepper *	1/2	3/4	1
Carrot *	1	1	2
Garlic Clove *	1	1	1
Red Chilli *	1/2	1/2	1/2
Coriander *	1 bunch	1 bunch	1 bunch
Turkey Steak *	2	3	4
Egg Noodles 8) 13)	2 nests	3 nests	4 nests
Mango Chutney	1 pot	1 1/2 pots	2 pots
Ketchup 10)	1/2 sachet	3/4 sachets	1 sachets
Soy Sauce 11) 13)	1 sachet	1 1/2 sachets	2 sachets
Water*	1 tbsp	1 1/2 tbsp	2 tbsp
Lime *	1/2	3/4	1
Salted Peanuts 1)	1 small bag	1 large bag	2 small bags

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 391G	PER 100G
Energy (kJ/kcal)	2431 / 581	621 / 148
Fat (g)	10	3
Sat. Fat (g)	2	1
Carbohydrate (g)	70	18
Sugars (g)	23	6
Protein (g)	54	14
Salt (g)	3.82	0.98

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 8) Egg 10) Celery 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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