



# PROTEIN PACKED TURKEY STIR-FRY

with Carrots and Pepper

NUTRITIONIST APPROVED



## 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.



Egg Noodles



Turkey Steak



Carrot



Red Pepper



Red Chilli



Spring Onion



Ginger



Soy Sauce

MEAL BAG

Hands on: **5 mins**  
Total: **20mins**

**2** of your  
**5** a day

**High Protein**

**Balanced**

**Under**  
**550** calories

**Low**  
**FAT** Low in sat fat

Quick, healthy and easy to prep, our flash-in-the-pan turkey stir-fry is the perfect recipe for busy evenings. Super lean and packed with protein, turkey is a great addition to this weeknight favourite and works brilliantly with the rich umami flavours in this dish. Crunchy carrot and red peppers (packed with Vitamin C) give the dish a lovely texture, whilst ginger and red chilli give it a welcome kick of heat. Serve in bowls, top with chopped spring onion, and dig in!

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# BEFORE YOU START

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



## 1 COOK THE NOODLES

Put a large saucepan of water with a pinch of salt on to boil. When boiling, add the **noodles** and cook for 4 mins. Drain in a sieve, then return to the pan (off the heat) and refill with cold water. (This will stop them sticking together!).



## 2 DO THE PREP

Meanwhile, chop the **turkey steak** into 2cm chunks. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. Trim and peel the **carrot** then use a vegetable peeler to peel long ribbons along its length. Halve the **red pepper** and discard the core and seeds. Slice into thin strips. Halve the **chilli** lengthways, deseed then finely chop. Trim and finely slice the **spring onion**. Peel and grate the **ginger**.



## 3 START FRYING

Heat a drizzle of **oil** in a large wok or frying pan on high heat. When hot, add the **turkey** and stir-fry until starting to brown, 3-4 mins. Lower the heat slightly then add the **red pepper** and **carrot ribbons**. Stir-fry until starting to soften, 3-4 mins.



## 4 SPICE IT UP

Stir in the **ginger**, **half** the **spring onion** and a pinch of **chilli** (careful - you can always add more later!) and stir-fry for another minute. Now pour in the **soy sauce** and **water** (see ingredients for amount), bring to the boil then lower the heat and bubble until the liquid has reduced slightly, 1-2 mins. **IMPORTANT:** The turkey is cooked when it is no longer pink in the middle.



## 5 FINISH UP

Drain the **noodles** again and stir into the frying pan. Heat until piping hot. Season to taste with **salt** and **pepper** if needed.



## 6 SERVE

Serve the **turkey stir-fry** in bowls finished with a sprinkling of remaining **spring onion** and **chilli** if liked. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Egg Noodles <sup>8)</sup> <sup>13)</sup>	2 nests	3 nests	4 nests
Turkey Steak *	2	3	4
Carrot *	1	2	2
Red Pepper *	1	1	2
Red Chilli *	½	¾	1
Spring Onion *	2	3	4
Ginger *	½ piece	¾ piece	1 piece
Soy Sauce <sup>11)</sup> <sup>13)</sup>	1 sachet	1½ sachets	2 sachets
Water*	50ml	75ml	100ml

\*Not Included

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 351G	PER 100G
Energy (kJ/kcal)	1897 / 454	540 / 129
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	57	16
Sugars (g)	10	3
Protein (g)	50	14
Salt (g)	2.85	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

8) Egg 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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