

TURKEY STIR-FRY

with Carrot and Coriander Rice





HELLO CARROT

Carrots were among the plants grown in the hanging gardens of Babylon in the 8th century BC.







Turkey Steak







Basmati Rice













Rice Vinegar

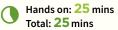




Ketjap Manis



Coriander







Family Box

Many people forget about Turkey except at Christmas, which is a shame as it's lean and flavourful and great in all sorts of dishes. Today we're making a colourful Asian stir-fry with a surprising secret ingredient: Ketjap Manis! It brings a delicious sweet and sour note and is actually used by lots of Chinese restaurant chefs!

BEFORE YOU START

Our fruit and veggies need a little wash before you use them! Make sure you've got a Measuring Jug, Large Saucepan (with a Lid), Coarse Grater, and Frying Pan. Now, let's get cooking!



COOK THE RICE Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. Add the **stock powder** and stir to dissolve. Add the **rice** and pop on a lid. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins. **TIP:** The rice will finish cooking in its own steam.



DO THE PREP Meanwhile, halve the pepper and discard the core and seeds. Slice into thin strips. Trim the **carrot** (no need to peel). Grate on a coarse. Halve, peel and thinly slice the **red onion**. Trim the root and the dark green leafy part from the **leek** then slice into thin rounds. Trim the **spring onion** and thinly slice. Roughly chop the **coriander** (stalks and all). Slice the **turkey** widthways into 1cm wide strips. **IMPORTANT:** Remember to wash your



ZMAKE THE SAUCE In a small bowl, mix the soy sauce, honey, ketjap manis and rice vinegar. Halve the lime and squeeze in the juice of one half. Cut the other half into wedges.



STIR-FRY TIME! Put a splash of **oil** in a frying pan (or wok) over high heat. When the oil is hot, stir-fry the turkey until browned on the outside, 5 mins. Add the red pepper, red onion and leek and The turkey is cooked when it is no longer pink in the middle. Add half the carrot. Stir-fry for 1-2 mins then add the **sauce**. Cook until bubbling then remove from the heat. **TIP**: Add a splash of water if it looks a bit dry.



hands and equipment after handling raw meat.

FINISH THE RICE Stir the remaining carrot, the spring onion and half the coriander through the rice. Taste and add salt and pepper if it needs it.



Spoon the **rice** into bowls and top with the **stir-fry**. Finish with a sprinkling of the remaining coriander. Serve the lime wedges on the side for people to squeeze over as they please. **Enjoy!**

INGREDIENTS

	2P	3P	4P
Carrot *	1	1	2
Spring Onion *	2	3	4
Turkey Steak *	2	3	4
Water*	300ml	450ml	600ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Basmati Rice	150g	225g	300g
Soy Sauce 11) 13)	1 sachet	1⅓ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Lime *	1/2	1	1
Leek ∗	1	1½	2
Red Onion *	1	2	2
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Red Pepper *	1	1½	2
Ketjap Manis 11) 13)	1 sachet	1⅓ sachets	2 sachets
Coriander *	1 bunch	1 bunch	1 bunch

* Not Included

* Store in the Fridge

	PER 100G
2510/600	455 /109
4	1
1	1
91	17
29	5
51	9
2.99	0.54
	2510 /600 4 1 91 29 51

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.

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