

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.















Red Chilli











Spring Onion

Tenderstem® Broccoli

Sriracha



Mangetout













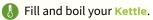
Balanced Under 550 calories



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!







🚯 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



COOK THE BROWN RICE

- a) 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.
- b) 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

- a) 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.
- b) 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

- a) 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.
- b) 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

- a) Add the mangetout to the pan and stir-fry for 2 mins, then reduce the heat and add the remaining marinade.
- b) 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

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



6 SERVE

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

Enjoy!

INGREDIENTS

	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 *	1/2	3/4	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.

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Packed in the UK

