



# SWEET CHILI TURKEY & GREEN BEAN BOWLS

with Crispy Fried Onions & Cilantro

## INGREDIENTS

2 PERSON | 4 PERSON



**¾ Cup | 1½ Cups**  
Jasmine Rice



**6 oz | 12 oz**  
Green Beans



**1 | 1**  
Lime



**¼ oz | ¼ oz**  
Cilantro



**10 oz | 20 oz**  
Ground Turkey



**4 TBSP | 8 TBSP**  
Sweet Soy Glaze  
Contains: Sesame,  
Soy, Wheat



**1 oz | 2 oz**  
Sweet Thai  
Chili Sauce



**1 | 2**  
Crispy Fried Onions  
Contains: Wheat



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

\*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



**10 oz | 20 oz**  
Shrimp  
Contains: Shellfish  
Calories: 740



**10 oz | 20 oz**  
Ground Beef\*\*  
Calories: 990



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 850





HELLO

## SWEET THAI CHILI SAUCE

Bringing spicy, sweet, and umami flavor to juicy ground turkey

### SO IM-PRESSED

In step 3, we ask you to press the turkey into an even layer before breaking it up. Why? Giving the meat a few undisturbed minutes in the hot pan (sans stirring) will help it brown and develop crispy, almost caramelized edges.

### BUST OUT

- Small pot
  - Large pan
  - Medium bowl
  - Plastic wrap
  - Paper towels <sup>\$</sup>
  - Kosher salt
  - Black pepper
  - Cooking oil (1 tsp | 1 tsp)
  - Butter (2 TBSP | 4 TBSP)
- Contains: Milk

### MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

*For HelloCustom nutritional information, please refer to HelloFresh.com.*

### GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663 | HelloFresh.com

\*Ground Turkey is fully cooked when internal temperature reaches 165°.

<sup>\$</sup> \*Shrimp are fully cooked when internal temperature reaches 145°.

<sup>\$</sup> \*Ground Beef is fully cooked when internal temperature reaches 160°.



### 1 COOK RICE

- In a small pot, combine **rice**, **1 1/4 cups water (2 1/4 cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



### 4 COOK GREEN BEANS

- While turkey cooks, add **green beans** and a **splash of water** to a medium microwave-safe bowl; cover with plastic wrap. Microwave until tender, 1-2 minutes. (**TIP: No microwave? No problem! Steam beans in a small pot with a splash of water until just tender, 5-7 minutes.**) Carefully drain any excess water.



### 2 PREP

- Meanwhile, **wash and dry produce**.
- Trim **green beans** if necessary; cut crosswise into 2-inch-long pieces. Quarter **lime**. Pick **cilantro leaves** from stems; roughly chop leaves.



### 5 FINISH STIR-FRY

- To pan with **turkey**, stir in cooked **green beans**, **sweet soy glaze**, **chili sauce**, and **1 TBSP butter (2 TBSP for 4 servings)**. Cook, stirring, until turkey mixture is thoroughly coated, 1-2 minutes.
- Remove from heat and stir in a **squeeze of lime juice** to taste.



### 3 COOK TURKEY

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **turkey\***; season with **salt** and **pepper**. Using a spatula, press into an even layer. Cook, undisturbed, until browned on bottom, 3-4 minutes.
- Break up meat into pieces and continue cooking until turkey is cooked through, 2-4 minutes more.

- <sup>\$</sup> Rinse **shrimp\*** under cold water, then pat dry with paper towels. Swap in shrimp or **beef\*** for turkey; cook, stirring frequently (**no need to break up shrimp into pieces!**), until cooked through, 4-6 minutes.



### 6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)**. Season with **salt** and **pepper**.
- Divide between bowls and top with **turkey stir-fry**. Sprinkle with **crispy fried onions** and **chopped cilantro**. Serve with any **remaining lime wedges** on the side.