



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
OR GIVE US A CALL AT (646) 846-3663.

*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: 880



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 🇺🇸
 - 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.

HOW WAS YOUR MEAL?



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1 COOK RICE

- In a small pot, combine **rice**, **1½ cups water (2¼ 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.

- 🇺🇸 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.

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

🇺🇸 *Ground Beef is fully cooked when internal temperature reaches 160°.

🇺🇸 *Shrimp are fully cooked when internal temperature reaches 145°.