



FIVE SPICE TURKEY STIR-FRY

with Mixed Veggies and Toasted Coconut



HELLO CHINESE FIVE SPICE

This classic Chinese blend contains star anise, Sichuan pepper, fennel seeds, cinnamon and cloves.



Basmati Rice



Red Pepper



Carrot



Courgette



Garlic Clove



Turkey Steak



Chinese Five Spice



Desiccated Coconut



Soy Sauce



Mango Chutney

MEAL BAG

Hands on: **25 mins**
Total: **30 mins**

Family Box

2.5 of your
5 a day

Little heat

Seasoned with our special five spice blend and packed with fresh ingredients, our family friendly Chinese style turkey stir fry is the perfect quick-fix recipe. Red pepper, carrot, courgette and garlic are combined with the turkey and coated in a delicious soy sauce dressing. Served with fluffy rice and topped with toasted desiccated coconut for a little bit of crunch. Quick, wholesome and full of flavour, you can't go wrong with this healthy recipe.

BEFORE YOU START

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



1 COOK THE RICE

Bring the water for the rice (see ingredients for amount) to the boil in a large saucepan over high heat. When boiling, stir in the **basmati rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat and leave to the side for another 10 mins (still with the lid on) - the **rice** will continue to cook in its own steam.



2 GET CHOPPING

Meanwhile, halve the **pepper** then discard the core and seeds. Chop into thin strips. Trim the top and bottom from the **carrot**, cut in half lengthways then thinly slice widthways. Repeat with the **courgette**. Peel and grate the **garlic** (or use a garlic press).



3 PREP THE TURKEY

Slice the **turkey steaks** widthways into thin strips and pop into a mixing bowl. Season with the **Chinese five spice** and a pinch of **salt** and **pepper**. Toss well to coat in the **spice** and **seasoning**. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



4 TOAST THE COCONUT

Heat a frying pan or wok over medium-high heat and add the **desiccated coconut**. Toast until golden, stirring frequently, 2-3 mins (watch carefully as it can burn easily!). Transfer to a small bowl and return the pan to high heat. Add a splash of **oil** and when hot add the **pepper, carrot** and **courgette**. Stir-fry until starting to soften, 4-5 mins. Transfer to a bowl and set aside for later.



5 NOW THE TURKEY

Leave the pan on high heat and add another drizzle of **oil**. Add the **turkey** and stir-fry until golden on all sides, 2-3 mins. Lower the heat to medium and add the **garlic**. Cook, stirring for 30 seconds then add the **soy sauce, mango chutney** and **water** (see ingredients for amount). Keep cooking until the **turkey** is no longer pink in the middle and **sauce** is rich and bubbling, another 2-3 mins. **! IMPORTANT:** The turkey is cooked when it is no longer pink in the middle.



6 FINISH UP

Return the cooked **veggies** to the pan and heat until piping hot, 1 minute. Fluff the **rice** up with a fork and stir through **half** the **toasted coconut**. Share between your plates and top with the **turkey stir-fry**. Finish with a sprinkling of the **desiccated coconut**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Red Pepper *	1	2	2
Carrot *	1	1	2
Courgette *	1	1½	2
Garlic Clove *	1	2	2
Turkey Steak *	2	3	4
Chinese Five Spice	1 small pot	¾ large pot	1 large pot
Desiccated Coconut	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Mango Chutney	1 sachet	1½ sachets	2 sachets
Water for the Turkey*	2 tbsp	3 tbsp	4 tbsp

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 480G	PER 100G
Energy (kJ/kcal)	2690 / 643	561 / 134
Fat (g)	11	2
Sat. Fat (g)	8	2
Carbohydrate (g)	84	18
Sugars (g)	25	5
Protein (g)	51	11
Salt (g)	2.69	0.56

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.

THUMBS UP OR THUMBS DOWN?

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