



GOBBLE UP TURKEY STIR-FRY

with Coconut Rice



HELLO SOY SAUCE

This classic Asian liquid seasoning is called 'jiangyou' in China and 'shoyu' in Japan.



Carrot



Red Pepper



Spring Onion



Turkey Steak



Chicken Stock Pot



Basmati Rice



Tomato Ketchup



Soy Sauce



Honey



Ketjap Manis



Lime



Sugar Snap Peas



Coconut Powder

MEAL BAG

Hands on: 20 mins
Total: 35 mins

1 of your
5 a day

Family Box

Many people forget about Turkey, which is a shame as it's lean, flavourful and great in all sorts of dishes. Today we're making a colourful Asian stir-fry with a surprising secret ingredient: ketchup! 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 **Coarse Grater**, **Measuring Jug**, **Large Saucepan** (with a **Lid**) and **Frying Pan**. Now, let's get cooking!



1 DO THE PREP

Pop your kettle on to boil. Remove the ends from the **carrot** (no need to peel!) and grate using a coarse grater. Halve, then remove the core from the **red pepper** and thinly slice. Remove the roots from the **spring onion** and thinly slice. Slice each **turkey steak** into 1cm wide strips. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



2 COOK THE RICE

Pour the boiling **water** (see ingredients for amount) into a large saucepan on medium heat. Add the **stock pot** and stir to dissolve. Add the **rice** and cover with 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.



3 MAKE THE SAUCE

Meanwhile, in a small bowl, mix the **ketchup** with the **soy sauce**, **honey** and **ketjap manis**. Halve the **lime** and squeeze in the juice of one half. Cut the other half into wedges.



4 CAUSE A STIR-FRY!

Heat 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 **pepper** and cook for another 5 mins. Add the **sugar snaps** and the **carrot**. Stir-fry for 3-4 mins, then add the **sauce**. Stir together and cook until bubbling, then remove from the heat. **IMPORTANT:** The turkey is cooked when it is no longer pink in the middle.

5 SERVE THE KIDS

When everything is ready you can serve the kids. Top a portion of **rice** with the stir-fry for each of them. **TWIST IT UP:** stir the **coconut powder** and **half the spring onion** through the remaining rice. Taste and add **salt** and **pepper** if necessary.

6 NOW THE ADULTS

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

4 PEOPLE INGREDIENTS

Carrot, grated	2
Red Pepper, sliced	1
Spring Onion, sliced	4
Turkey Steak, sliced	4
Water*	600ml
Chicken Stock Pot	1
Basmati Rice	300g
Tomato Ketchup 10)	2 tbsp
Soy Sauce 11) 13)	1½ tbsp
Honey	2 tbsp
Ketjap Manis 11) 13)	3 tbsp
Lime, halved	1
Sugar Snap Peas	1 pack
Coconut Powder 7)	50g

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 416G	PER 100G
Energy (kcal) (kJ)	622 2600	110 459
Fat (g)	10	2
Sat. Fat (g)	8	1
Carbohydrate (g)	93	16
Sugars (g)	27	5
Protein (g)	40	7
Salt (g)	3	0.53

ALLERGENS

7) Milk 10) Celery 11) Soya 13) Gluten

Ketjap Manis: Brown Sugar, Dark Soy Sauce (**Soya, Gluten**), Water, Molasses, Tapioca Starch, Garlic Puree, Ginger Puree, Preservative: Potassium Sorbate, Anise Star.

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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