



TURKEY STIR-FRY

with Carrot and Coriander Rice



HELLO CARROT

Carrots were among the plants grown in the hanging gardens of Babylon in the 8th century BC.



Chicken Stock Powder



Basmati Rice



Red Pepper



Carrot



Red Onion



Leek



Spring Onion



Coriander



Turkey Steak



Soy Sauce



Honey



Ketjap Manis



Rice Vinegar



Lime

MEAL BAG

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

of your
5 a day

Family Box

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



1 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. Add the **stock powder** and stir to dissolve. Add the **rice** and pop on 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.



2 DO THE PREP

Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **carrot** (no need to peel). Grate on a coarse grater. Halve, peel and thinly slice the **red onion**. Trim the root and dark leafy part of the **leek**, discard and slice the rest into thin rounds. Trim the **spring onion** and thinly slice. Roughly chop the **coriander** (stalks and all). Slice the **turkey** widthways into 1cm wide strips. **❗ IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



3 MAKE THE SAUCE

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



4 STIR-FRY TIME!

Put 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, red onion** and **leek** and stir-fry for another 4-5 mins. **❗ IMPORTANT:** The turkey is cooked when it is no longer pink in the middle. Add **half** the **carrot**. Stir-fry for 1-2 mins then add the **sauce**. Cook until bubbling then remove from the heat. **★ TIP:** Add a splash of water if it looks a bit dry.



5 FINISH THE RICE

Stir the remaining **carrot**, the **spring onion** and **half** the **coriander** through the **rice**. Taste and add **salt** and **pepper** if it needs it.



6 SERVE

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

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Water*	300ml	450ml	600ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Basmati Rice	150g	225g	300g
Red Pepper *	1	1½	2
Carrot *	1	1	2
Red Onion *	1	2	2
Leek *	1	1½	2
Spring Onion *	2	3	4
Coriander *	1 bunch	1 bunch	1 bunch
Turkey Steak *	2	3	4
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Lime *	½	1	1

* Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 552G	PER 100G
Energy (kJ/kcal)	2512 / 601	455 / 109
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	91	17
Sugars (g)	29	5
Protein (g)	51	9
Salt (g)	2.99	0.54

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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The Fresh Farm
60 Worship St, London EC2A 2EZ

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