



Teriyaki Turkey Stir-fry with sugar snaps and bell pepper

Family Quick Cook 20-25 mins

6



Turkey Mince



Rice



Sugar Snap Peas



Bell Pepper



Garlic



Teriyaki Sauce

Pantry Items: Water, Salt, Pepper, Oil



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pot with lid

Ingredients

	2P	4P
Turkey Mince	250 g	500 g
Rice	150 g	300 g
Sugar Snap Peas	150 g	300 g
Bell Pepper	1 unit	2 units
Garlic	1 unit	2 units
Teriyaki Sauce	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	442.5 g	100 g
Energy (kJ/kcal)	4255.1 kJ/ 1017 kcal	961.6 kJ/ 229.8 kcal
Fat (g)	5.9 g	1.3 g
Sat. Fat (g)	0.7 g	0.2 g
Carbohydrate (g)	93.5 g	21.1 g
Sugars (g)	28 g	6.3 g
Protein (g)	41.6 g	9.4 g
Salt (g)	5.3 g	1.2 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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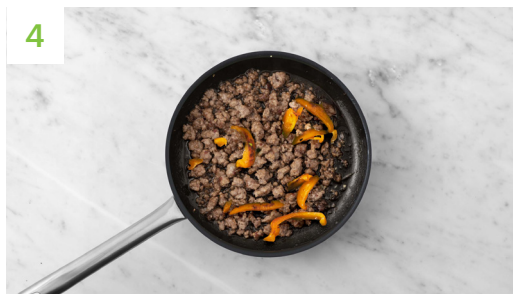


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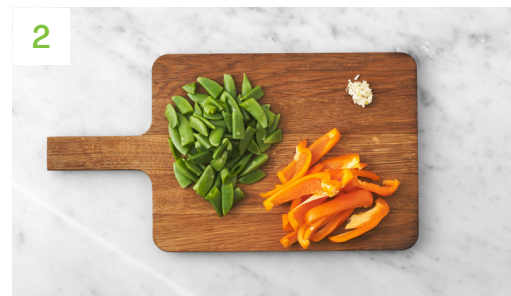
Cook the Rice

- Add 300ml cold **salted water** (double for 4p) to a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 10 mins.
- Once cooked, remove the pot from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Add the Turkey

- Add the **turkey mince** to the **pepper** and stir-fry until cooked through, 6-8 mins.
- Use a spoon to break up the **turkey** as it cooks.
IMPORTANT: Wash hands and equipment after handling raw mince. Turkey is cooked when no longer pink in the middle.



Prep the Veg

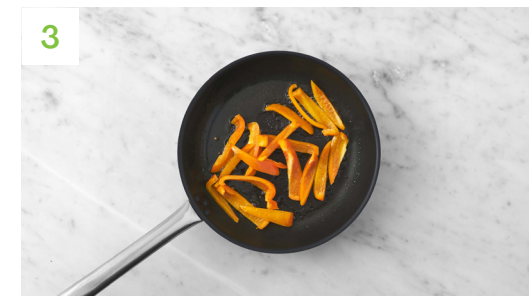
- While the **rice** cooks, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **sugar snaps** widthways.



Stir in the Sauce

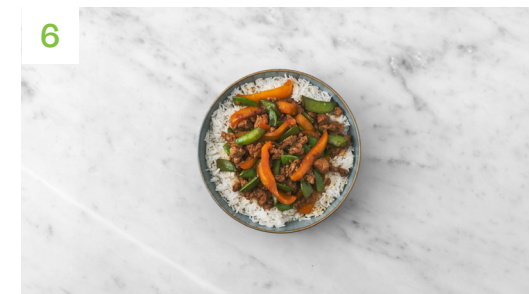
- Once the **turkey** is browned, add the **garlic** and **sugar snaps** to the pan.
- Stir-fry together for 1 min.
- Stir in the **teriyaki sauce** and cook for 1 min more.
- Taste and season with **salt** and **pepper** if needed.

TIP: Add a splash of water to loosen the sauce if necessary.



Soften the Pepper

- Place a pan over high heat with a drizzle of **oil**.
- Once the **oil** is hot, add the **pepper**.
- Stir-fry until just starting to soften, 3-4 mins.



Dish Up

- Fluff up the **rice** with a fork and share between bowls.
- Top with the **teriyaki turkey** stir-fry.

Enjoy!