



**GREEN
CHEF**

TERIYAKI TURKEY RICE BOWLS

tamari stir-fried snap peas & cabbage, Sriracha, peanuts

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

660

MENU

GLUTEN-FREE // FAST & FIT

Teriyaki, turkey, and tamari aren't just a terrific alliteration; they make a tasty trio, too! (Say that ten times fast!) Here, teriyaki sauce gives a savory flavor boost to ground turkey, while gluten-free tamari sauce jazzes up crisp cabbage and snap peas. The stir-fry is served over fluffy, fragrant jasmine rice speckled with black and white sesame seeds. For even more zing, there's a drizzle of Sriracha and roasted peanuts over the top.

INGREDIENTS (9 ITEMS)

½ cup	Jasmine rice
½ oz	Roasted peanuts P
4 oz	Snap peas
10 oz	Ground turkey*
2¾ oz	Gluten-free teriyaki sauce S
1¾ oz	Cabbage
¾ oz	Gluten-free tamari sauce S
1 tsp	Black & white sesame seeds
¾ oz	Sriracha sauce

WHAT YOU'LL NEED

small pot with lid
medium & large sauté pans
measuring cups & spoons
thermometer
cooking oil
salt & pepper

ALLERGENS

P PEANUTS
S SOY



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

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

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK RICE

- Bring **jasmine rice**, 1 cup water, and ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. (You'll finish the rice in Step 6.)

COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Roughly chop **roasted peanuts**.
- Remove any fibrous strings from **snap peas**.^{*} Halve at an angle.

^{*}To quickly prep, firmly pinch one end of a snap pea and pull downward to remove the fibrous string.

3 TOAST PEANUTS

- Place **peanuts** in a dry, large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **peanuts** to a plate.

4 COOK TURKEY

- Heat 1½ tablespoons cooking oil in pan used for peanuts over medium heat. Add **ground turkey** to hot pan. Cook 4-5 minutes, or until lightly browned, breaking up **turkey** into pieces.
- Add **gluten-free teriyaki sauce** and ¼ cup water. Cook 3-4 minutes, or until turkey is fully cooked and sauce has thickened, stirring occasionally. Season with salt and pepper to taste.

5 SAUTÉ VEGGIES

- Heat 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **snap peas**, **cabbage**^{*}, and **gluten-free tamari sauce**. Cook 2-3 minutes, or until veggies are tender, stirring occasionally.

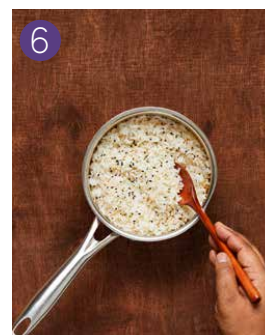
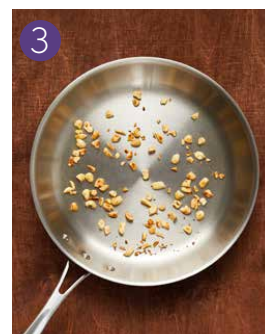
^{*}The ingredient you received may be a different color.

6 FINISH RICE

- Add **black and white sesame seeds** to pot with **rice**. Stir to combine. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Divide **sesame rice** between bowls. Top with **teriyaki turkey** and **tamari stir-fried snap peas and cabbage**. Drizzle with **Sriracha sauce** to taste (or omit). Garnish with **peanuts**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (359g)

Amount per serving

Calories **660**

	% Daily Value*
Total Fat 32g	41%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 1560mg	68%
Total Carbohydrate 60g	22%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 1mcg	6%
Calcium 66mg	6%
Iron 3mg	15%
Potassium 519mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Ground Turkey [turkey], **Jasmine Rice** [jasmine rice], **Snap Peas**, **Red Cabbage**, **Peanuts** [peanuts, canola and/or peanut oil], **Gluten-Free Tamari Sauce** [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], **Gluten-Free Teriyaki Sauce** [water, tamari (water, soybeans, salt, alcohol), cane sugar, apple cider vinegar, ginger, sesame oil, sea salt, tapioca starch, xanthan gum, lemon juice concentrate, garlic, onion, black pepper, red pepper, ginger, citric acid], **Sriracha Sauce** [organic jalapeno peppers, water, organic sugar, organic distilled vinegar, salt, organic garlic powder, xanthan gum], **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds])

Allergen information:

Contains Soy And Peanuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.