

# DINNERLY



## Turkey & Ginger Fried Rice with Snap Peas

 20-30min  4 Servings

Fried rice sounds naughty but this version is nice thanks to lean ground turkey as the protein star. The usual stir-fry suspects are in there bringing a flavor ruckus: tamari, garlic, ginger, scallions. Plus some crunchy, sweet pea pods for an extra bit of wow. We've got you covered!

#### WHAT WE SEND

- fresh ginger
- ground turkey
- sugar snap peas
- garlic
- scallions
- jasmine rice

#### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- sugar

#### TOOLS

- fine-mesh sieve
- large nonstick skillet
- medium saucepan

#### ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

#### NUTRITION PER SERVING

Calories 490.0kcal, Fat 12.0g, Proteins 29.0g, Carbs 64.0g



#### 1. Cook rice

Combine **4 cups water** and **2 teaspoons salt** in a medium saucepan and bring to a boil. Add **rice** to saucepan and cook, uncovered, until just tender, 12-14 minutes. Pour rice into fine mesh strainer and rinse until water runs clear. Transfer rice to a paper-towel lined plate and set aside for step 5.



#### 2. Prep ingredients

Peel and finely chop **2 teaspoons garlic** and **ginger**. Trim ends from **snap peas**, then slice on an angle. Trim ends from **scallions**, then thinly slice.



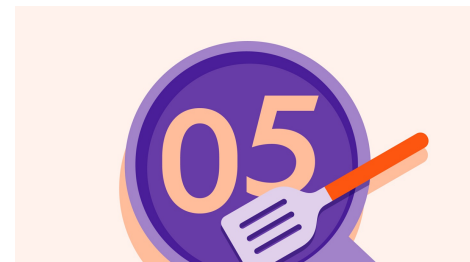
#### 3. Make sauce

In a small bowl, whisk **all of the tamari**,  $\frac{1}{2}$  **teaspoon sugar**, and  $\frac{1}{2}$  **teaspoon pepper**.



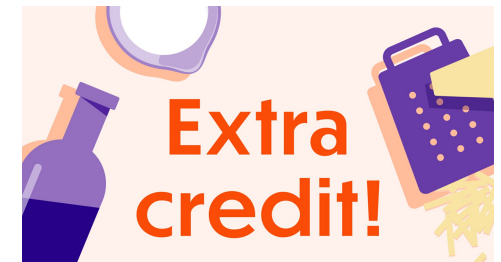
#### 4. Cook turkey

Heat **1 tablespoon oil** in a large nonstick skillet over medium-high until shimmering. Add **turkey** and  $\frac{1}{2}$  **teaspoon salt**; cook undisturbed until browned and crispy, 2-3 minutes. Add **garlic**, **ginger**, and **half of the scallions**; cook until softened and fragrant and turkey is cooked through, about 2 minutes. Transfer to a plate.



#### 5. Finish rice & serve

In same skillet over high, add **rice** and stir to coat with **oil** and **drippings**. Add **snap peas**, **sauce**, and **turkey** back to skillet. Cook, stirring, until rice is heated through, **snap peas** are just tender, and **sauce** is mixed in, about 2 minutes. Serve in bowls and garnish with **remaining scallions**. Enjoy!



#### 6. Make it low carb

Watching the carbs in your diet? Sub in broccoli or cauliflower rice instead of the jasmine rice or do a 50/50 mix!