

DINNERLY



Turkey Lo Mein

with Carrots & Scallions



30-40min



2 Servings

WHAT WE SEND

- 10 oz pkg ground turkey
- 6 oz chuka soba noodles ¹
- 3 oz stir-fry sauce ^{1,6}
- 1 carrot
- 1 oz scallions

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- white wine vinegar (or red wine vinegar) ¹⁷
- garlic

TOOLS

- medium pot
- box grater
- medium skillet

ALLERGENS

Wheat (1), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 490kcal, Fat 13g, Carbs 70g, Protein 26g



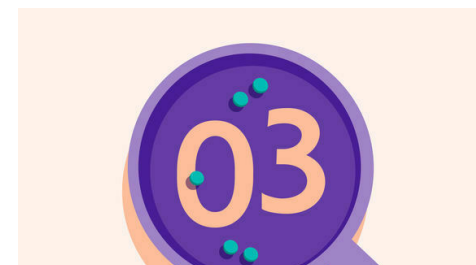
1. Prep ingredients

Fill a medium pot with **salted water**; bring to a boil. Finely chop **2 teaspoons garlic**. Trim **scallions**, then thinly slice on an angle, keeping dark greens separate. Scrub **carrot**, then coarsely grate on the large holes of a box grater.



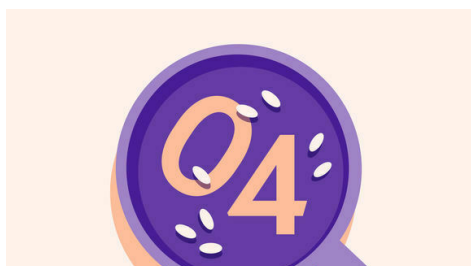
2. Brown turkey

Heat **2 teaspoons oil** in a medium skillet over medium-high. Crumble **turkey** in large pieces into skillet. Cook, undisturbed, until browned and cooked through, 5–7 minutes. Stir in **chopped garlic, carrots, and scallion whites**; season with **salt and pepper**. Cook, scraping up any browned bits from the bottom, until carrots are slightly softened, 2–3 minutes. Remove from heat.



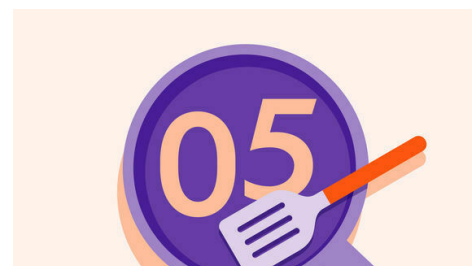
3. Cook noodles

Add **noodles** to pot of boiling water, and cook, stirring occasionally to prevent sticking, until al dente, about 5 minutes. Drain, rinse with cold water, then drain again, return to pot off the heat.



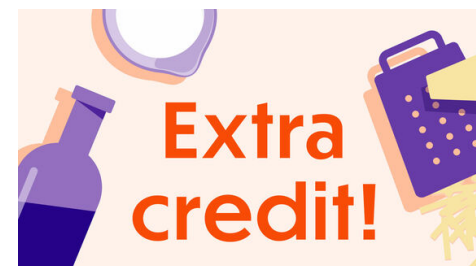
4. Prep sauce

Meanwhile, whisk together **all of the stir-fry sauce**, **½ cup hot water**, and **1 teaspoon vinegar** in a liquid measuring cup or small bowl. Season to taste with **salt and pepper**.



5. Finish & serve

Transfer **sauce, turkey, and vegetables** to pot with **noodles**. Cook over medium-low heat, tossing to combine, until **noodles and turkey** are warmed through, 2–3 minutes. Season to taste with **pepper**. Serve **turkey lo mein** topped with **remaining scallions**. Enjoy!



6. Add some crunch!

Sprinkled toasted sesame seeds or roasted cashews over top for a nutty finish.