



HOME CHEF

Five-Spice Turkey Soup & Salad

With Ginger, Cilantro, and Mint



Five-spice seasoning is a Chinese blend of star anise, cloves, cinnamon, Sichuan pepper, and fennel. Each of these spices are a flavor powerhouse, and when combined, complement each other perfectly, kinda like all the superheroes in the Avengers. Fill up on soup and salad both enhanced with this uniquely delicious flavor tonight!

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 610
Carbohydrates: 16g
Fat: 37g
Protein: 58g
Sodium: 297mg
per serving

DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

Cold or Warm Sake
Japanese Lager

INGREDIENTS

2 Green Onions
1 Red Bell Pepper
1 Carrot
2 Mint Sprigs
2 Cilantro Sprigs
2 Garlic Cloves
1 Tbsp. Ginger
14 oz. Ground Turkey
1 Tbsp. Chinese Five Spice Powder
8 oz. Shredded Cabbage
1 Tbsp. Cornstarch

WHAT YOU NEED

Olive Oil

EQUIPMENT

Medium Pan

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Prepare the Ingredients

Thoroughly rinse produce and pat dry. Slice **green onions** on a bias (45 degree angle). Stem, core, and slice **red bell pepper** into thin strips. Peel and slice **carrot** thinly on a bias. Stem and coarsely chop **mint** and **cilantro**. Mince **garlic**.



Cook The Turkey

In a medium pot, heat 1 tsp. of **olive oil** over medium heat. Add **half the garlic**, **half the ginger**, **half the green onions**, and **ground turkey**. Cook for about 8-10 minutes. Transfer to a plate and set aside.



Make the Soup

In the same pot used to brown the turkey, heat 1 tsp. **olive oil** over medium heat and add **remaining ginger** and **garlic**, **half the carrot**, **half the five spice**, a **quarter of the shredded cabbage**, and **remaining green onion**. Sauté for about 2 minutes. Add 2 cups of **water**. Thoroughly mix **corn starch** with 1 Tbsp. of **cold water** and add to the **soup**. Add ½ cup of **cooked ground turkey**. Bring to low simmer and cook for 8 minutes.



Saute the Vegetables

In a medium pan add 1 tsp. of **olive oil** over medium-high heat. Add **remaining carrot** and **red bell pepper** and cook for 5 minutes, add **remaining shredded cabbage** and **remaining Chinese five spice powder**. Cook for 2-3 minutes, or until slightly wilted.



Add the Turkey

Add **cooked turkey** and any **accumulated juices** to pan with **sautéed slaw** and mix. Season with a pinch of **salt and pepper**.



Plate the Dish

Place a serving of the **slaw** into a bowl or shallow dish. Ladle a saving of **soup** into another bowl. Garnish with chopped **mint** and **cilantro**.