



# SuperQuick Pesto Turkey Bowls

## with Buttery Rice and Burst Tomatoes

15 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Mild Italian Sausage, uncased  
250 g | 500 g

Swap



Beyond Meat®  
2 | 4



Ground Turkey  
250 g | 500 g



Jasmine Rice  
¼ cup | 1 ½ cups



Basil Pesto  
¼ cup | ½ cup



Yellow Onion, chopped  
56 g | 113 g



Parmesan Cheese, shredded  
¼ cup | ½ cup



Baby Tomatoes  
113 g | 227 g



Garlic Puree  
1 tbsp | 2 tbsp



Balsamic Glaze  
1 tbsp | 2 tbsp



Baby Spinach  
56 g | 113 g

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.  
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities 56 g | 113 g  
2-serving | 4-serving

Pantry items | Butter, salt, pepper, oil

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, strainer

1



## Cook rice

- Before starting, add 1 cup (2 cups) water and ½ tsp (¼ tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Using a strainer, rinse **rice** until water runs clear.
- Add **rice** to the boiling water. Reduce heat to low.
- Cover and cook for 12-14 min, until **rice** is tender and liquid is absorbed. Remove from heat. Set aside, still covered.

4



## Cook turkey

Swap Mild Italian Sausage, uncased

Swap Beyond Meat®

- Reheat the same pan over medium-high.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **turkey** and **onions**.
- Cook for 4-5 min, breaking up **turkey** into smaller pieces, until no pink remains.\*\* Season with **salt** and **pepper**.
- Add **pesto** and **garlic puree**. Cook for 1 min, stirring often, until coated.

2



## Prep

- Roughly chop **spinach**.
- Carefully poke **tomatoes** with a fork or with the tip of a knife.

3



## Blister tomatoes

- Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **tomatoes**. Cook for 3-4 min, stirring occasionally, until they burst.
- Transfer **tomatoes** to a medium bowl. Drizzle **half the balsamic glaze** (use all for 4 servings) over top. Season with **salt** and **pepper**. Toss to coat. Set aside.

5



## Finish and serve

- Fluff **rice** with a fork. Add **spinach** and 2 **tbsp** (4 **tbsp**) **butter**. Season with **salt**, then stir to combine.
- Divide **rice** between bowls, then top with **turkey** and **blistered tomatoes**.
- Sprinkle **Parmesan** over top.

Measurements within steps 1 **tbsp** (2 **tbsp**) **oil**  
2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 4 | Cook sausage

Swap Mild Italian Sausage, uncased

If you've opted to get **sausage**, prep and cook in the same way the recipe instructs you to prep and cook the **turkey**\*\*

## 4 | Cook Beyond Meat®

Swap Beyond Meat®

If you've opted to get **Beyond Meat®**, cook for 5-6 min, in the same way as the **turkey**, breaking up **patties** into smaller pieces, until crispy.\*\*

\*\* Cook to a minimum internal temperature of 165°F, as size may vary.