



Cal Smart Breaded Chipotle Turkey Scallopini with Enchilada-Spiced Veggie Jumble

Calorie Smart

Spicy

30 Minutes



Turkey Breast
Portions



Poblano Pepper



Canned Corn



Sweet Bell Pepper



Chipotle Sauce



Enchilada Spice
Blend



Panko Breadcrumbs



Cilantro



Red Onion



Garlic, cloves



Sour Cream

HELLO POBLANO PEPPERS

These mild Mexican peppers are called ancho chili peppers when dried!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, rolling pin, strainer, parchment paper, 2 small bowls, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Poblano Pepper 🌶️	160 g	320 g
Canned Corn	½ can	1 can
Sweet Bell Pepper	160 g	320 g
Chipotle Sauce 🌶️	2 tbsp	4 tbsp
Enchilada Spice Blend	1 tbsp	2 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Cilantro	7 g	7 g
Red Onion	56 g	113 g
Garlic, cloves	2	4
Sour Cream	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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.

Contact

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1 Prep

Core, then cut **bell pepper** into ½-inch pieces. Core, then cut **poblano** into ½-inch pieces. (TIP: We suggest using gloves when prepping poblanos!) Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl). Peel, then mince or grate **garlic**. Drain, then rinse **corn**. Roughly chop **cilantro**. Stir together **half the chipotle sauce** and **sour cream** in a small bowl. Set aside.



4 Cook veggie jumble

Meanwhile, add **2 tsp oil** (dbl for 4 ppl) to the same pan, then **onions, poblanos, bell peppers** and **half the corn** (use all for 4 ppl). Cook, stirring occasionally, until tender-crisp, 3-4 min. Add **remaining Enchilada Spice Blend** and **garlic**. Cook, stirring constantly, until fragrant, 1-2 min. Season with **salt** and **pepper**. Remove the pan from heat, then stir in **half the cilantro**.



2 Prep turkey

Stir together **panko** and **1 tsp oil** (dbl for 4 ppl) in another small bowl. Pat **turkey** dry with paper towels. Cover **each piece of turkey** with parchment paper. Using a mallet, rolling pin or heavy-bottomed pan, carefully pound **each piece of turkey** until ½-inch thick. Season with **half the Enchilada Spice Blend, salt** and **pepper**.



5 Finish and serve

Divide **turkey** and **veggie jumble** between plates. Dollop **chipotle sour cream** over top. Sprinkle with **remaining cilantro**.

Dinner Solved!



3 Cook turkey

Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil**, then **turkey**. (NOTE: For 4 ppl, cook in 2 batches, using 1 tsp oil for each batch.) Pan-fry until golden-brown, 1-2 min per side. Transfer **turkey** to a parchment-lined baking sheet. Spread **remaining chipotle sauce** over tops of **turkey**, then top with **panko**, pressing down gently to adhere. Roast **turkey** in the **top** of the oven until cooked through, 12-14 min.**