



Cal Smart Chipotle-Honey Turkey Bowls

with Green Onion Rice

Calorie Smart

30 Minutes



Ground Turkey



Basmati Rice



Chipotle Sauce



Honey



Enchilada Spice Blend



Radish



Green Onion



Green Bell Pepper



Garlic Salt



Baby Spinach



White Wine Vinegar

HELLO GREEN ONION

Another common name for this allium is scallion!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Basmati Rice	¾ cup	1 ½ cup
Chipotle Sauce	2 tbsp	4 tbsp
Honey	1 tbsp	2 tbsp
Enchilada Spice Blend	1 tbsp	2 tbsp
Radish	3	6
Green Onion	2	4
Green Bell Pepper	200 g	400 g
Garlic Salt	1 tsp	2 tsp
Baby Spinach	28 g	56 g
White Wine Vinegar	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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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Cook rice

- Add **1 ¼ cups water** (dbl for 4 ppl) and **half the garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Cook peppers

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **peppers**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Remove from heat, then transfer **peppers** to a plate.



Prep

- Meanwhile, thinly slice **radishes**.
- Thinly slice **green onions**.
- Core, then cut **pepper** into ½-inch pieces.
- Roughly chop **spinach**. (**TIP:** Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors!)



Cook turkey

- Reheat the same pan over medium.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **turkey**. Season with **remaining garlic salt** and **pepper**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Add **2 tbsp water** (dbl for 4 ppl), **Enchilada Spice Blend** and **spinach**. Stir until **spinach** wilts, 1 min.
- Remove from heat, then cover to keep warm.



Make sauce and pickle radishes

- Combine **chipotle sauce** and **2 tsp honey** (dbl for 4 ppl) in a small bowl.
- Add **vinegar**, **remaining honey**, **1 tbsp water** and **a pinch of salt** (dbl both for 4 ppl) to a medium microwaveable bowl. (**NOTE:** This is your pickling liquid.) Microwave in 15 sec increments, stirring between each, until **salt** dissolves.
- Add **radishes** to the **pickling liquid**. Season with **pepper**, then stir to combine.
- Place in the fridge to cool.



Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice** between bowls. Top with **turkey**, **peppers** and **pickled radishes**, including **pickling liquid**.
- Drizzle **chipotle-honey sauce** over top.
- Sprinkle with **remaining green onions**.

Dinner Solved!