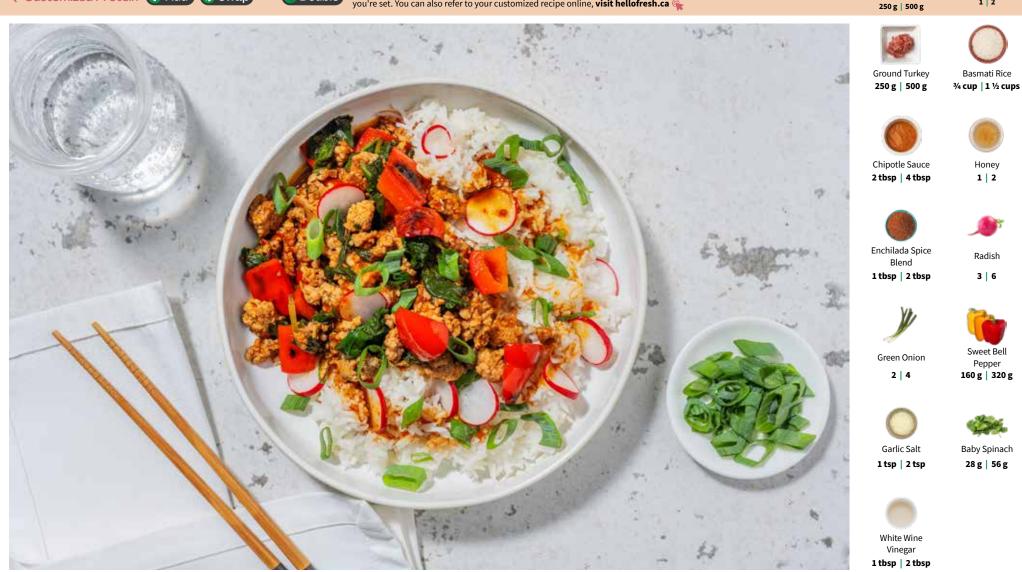
HELLO FRESH Cal Smart Chipotle-Honey Turkey Bowls with Green Onion Rice

25 Minutes Smart Meal

×2 Double 🔁 Customized Protein 🕒 Add 🚫 Swap) or

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 🚱



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. 🔿 Swap

Tofu

1 2

🔿 Swar

Chorizo Sausage

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Pantry items | Oil, salt, pepper

Cooking utensils | Medium microwavable bowl, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan



Cook rice

- Before starting, wash and dry all produce.
- Add **1** ¼ cups (2 ½ cups) water 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 from heat. Set aside, still covered.



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!)



Make sauce and pickle radishes

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



5 | Cook chorizo

🚫 Swap | Chorizo Sausage

If you've opted to get **chorizo**, cook it in the same way the recipe instructs you to cook the **turkey**.**

5 | Cook tofu

🜔 Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels, then crumble into pea-sized pieces. Cook in the same way the recipe instructs you to cook the **turkey**, until golden-brown all over, 6-7 min.



Cook peppers

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tsp** (2 tsp) **oil**, then **peppers**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Remove from heat, then transfer to a plate.



Cook turkey

🔿 Swap | Chorizo Sausage

🔇 Swap | Tofu

- Reheat the same pan over medium.
- When the pan is hot, add **1 tsp** (2 tsp) **oil**, 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 (4 tbsp) water,
 Enchilada Spice Blend and spinach. Stir until spinach wilts, 1 min.
- Remove from heat, then cover to keep warm.



Finish and serve

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

