



Cal Smart Chipotle Turkey Burrito Bowls

with Guacamole and Pickled Jalapeños

Smart

Spicy

20 Minutes

➔ Custom Recipe

+ Add

↻ Swap

or

*2 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)



*2 Double



Ground Turkey
500 g | 1000 g

↻ Swap



Plant-Based Protein Shreds
200 g | 400 g



Ground Turkey
250 g | 500 g



Parboiled Rice
3/4 cup | 3/4 cup



Enchilada Spice Blend
1 tbsp | 2 tbsp



Garlic, cloves
3 | 6



Corn Kernels
56 g | 113 g



Sweet Bell Pepper
1 | 2



Jalapeño
1 | 2



White Wine Vinegar
2 tbsp | 4 tbsp



Guacamole
3 tbsp | 6 tbsp



Chicken Broth Concentrate
1 | 2



Chipotle Sauce
2 tbsp | 4 tbsp



Red Onion
1/2 | 1

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.

Pantry items | Oil, unsalted butter, sugar, salt, pepper

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

1



Cook rice

• Before starting, wash and dry all produce.

- Peel, then mince or grate **garlic**.
- Heat a medium pot over medium heat.
- When hot, add **½ tbsp** (1 tbsp) **butter**, then **half the garlic**, **half the Enchilada Spice Blend** and **half the rice** (use all for 4 ppl).
- Cook, stirring often, until fragrant, 1-2 min. Add **⅔ cup** (1 ⅓ cups) **water**, **⅛ tsp** (¼ tsp) **salt** and **broth concentrate**. Bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 15-18 min.
- Remove the pot from heat. Set aside, still covered.

4



Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp** (2 tsp) **oil**, then **onions**, **peppers** and **half the corn** (use all for 4 ppl). Cook, stirring occasionally, until **veggies** are tender-crisp, 5-6 min.
- Season with **salt** and **pepper**.
- Transfer **veggies** to a large bowl, then cover to keep warm.

2



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ½-inch pieces.
- Thinly slice **jalapeño** into rounds, removing seeds for less heat. (**TIP**: We suggest using gloves when prepping jalapeños!)

5



Cook turkey

- ×2 Double | **Ground Turkey**
- 🔄 Swap | **Protein Strips**
- Add **½ tsp** (1 tsp) **oil** to the same pan, then add **turkey**, **remaining garlic** and **remaining Enchilada Spice Blend**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 3-4 min. **
- Season with **salt** and **pepper**.
- Add **¼ cup** (½ cup) **water** and **chipotle sauce**. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Remove the pan from heat.

3



Pickle jalapeños

- Add **jalapeños**, **vinegar**, **2 tbsp** (4 tbsp) **water** and **½ tsp** (1 tsp) **sugar** to a small pot. Season with **salt**.
- Bring to a simmer over medium-high heat. Cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove the pot from heat.
- Transfer **jalapeños**, including **pickling liquid**, to a small bowl.
- Place in the fridge to cool.

6



Finish and serve

- Stir together **guacamole** and **1 tsp** (2 tsp) **pickling liquid** in another small bowl.
- Fluff **rice** with a fork.
- Divide **rice**, **veggies** and **turkey** between bowls.
- Top with as many **pickled jalapeños** as desired.
- Dollop **guacamole** over top.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

5 | Cook turkey

×2 Double | **Ground Turkey**

If you've opted for **double ground turkey**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of ground turkey**. Work in batches, if necessary.

5 | Cook shreds

🔄 Swap | **Protein Strips**

If you've opted to get **protein shreds**, cook them in the same way the recipe instructs you to cook the **turkey**, increasing the cook time to 6-8 min, until crispy.**

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



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