



Cal Smart Chipotle Turkey Burrito Bowls

with Guacamole and Pickled Jalapeños

Calorie Smart

Spicy

30 Minutes



Ground Turkey



Parboiled Rice



Enchilada Spice Blend



Chipotle Sauce



Garlic, cloves



Red Onion



Corn Kernels



Sweet Bell Pepper



Jalapeño



White Wine Vinegar



Guacamole



Chicken Broth Concentrate

HELLO CHIPOTLE SAUCE

Chipotles are dried jalapeños and give this sauce smoky heat!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, large bowl, small pot, 2 small bowls, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Parboiled Rice	¾ cup	1 ½ cups
Enchilada Spice Blend	2 tbsp	4 tbsp
Chipotle Sauce 🌶️	2 tbsp	4 tbsp
Garlic, cloves	3	6
Red Onion	56 g	113 g
Corn Kernels	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Jalapeño 🌶️	1	2
White Wine Vinegar	2 tbsp	4 tbsp
Guacamole	3 tbsp	6 tbsp
Chicken Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
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

Call us | (855) 272-7002

HelloFresh.ca

    @HelloFreshCA



Cook rice

- Peel, then mince or grate **garlic**.
- Heat a medium pot over medium heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then **half the garlic, half the Enchilada Spice Blend and rice**. Cook, stirring often, until fragrant, 1-2 min.
- Add **1 ¼ cups water, ½ tsp salt** (dbl both for 4 ppl) 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.



Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **½ tsp oil** (dbl for 4 ppl), then **onions, peppers and corn**. 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.



Prep

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



Cook turkey

- Add **½ tsp oil** (dbl for 4 ppl) to the same pan, then **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 water** (dbl for 4 ppl) and **chipotle sauce**. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Remove the pan from heat.



Pickle jalapeños

- Add **jalapeños, vinegar, 2 tbsp water** and **½ tsp sugar** (dbl both for 4 ppl) 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 **liquid**, to a small bowl.
- Place in the fridge to cool.



Finish and serve

- Stir together **guacamole** and **1 tsp pickling liquid** (dbl for 4 ppl) 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.

Dinner Solved!