



# Cal Smart Chunky Turkey Chilli with Pickled Jalapeños

Calorie Smart

Spicy

30 Minutes



Turkey Breast Portions



Butternut Squash, cubes



Mexican Seasoning



Tomato Sauce Base



Sweet Bell Pepper



Cilantro



Jalapeño



White Wine Vinegar



Yellow Onion



Garlic



Crushed Tomatoes with Garlic and Onion

## HELLO JALAPEÑOS

*This medium-sized pepper provides a boost of flavour and a mild spice kick!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Medium bowl, measuring spoons, small pot, measuring cups, large pot, paper towels

### Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Butternut Squash, cubes	170 g	340 g
Mexican Seasoning	1 tbsp	2 tbsp
Tomato Sauce Base	2 tbsp	4 tbsp
Sweet Bell Pepper	160 g	320 g
Cilantro	7 g	7 g
Jalapeño 🌶️	1	2
White Wine Vinegar	2 tbsp	4 tbsp
Garlic	6 g	12 g
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Yellow Onion	113 g	226 g
Sugar*	1 tsp	2 tsp
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.*

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

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### Prep

Core, then cut **pepper** into ½-inch pieces. Roughly chop **cilantro**. Peel, then cut **onion** into ¼-inch pieces. Peel, then mince or grate **garlic**. Pat **turkey** dry with paper towels. Cut **turkey** into 1-inch pieces.



### Cook chilli

Add **crushed tomatoes** and **½ cup water** (dbl for 4 ppl). Stir to combine, then bring to a boil over high heat. Reduce heat to medium-low. Simmer, stirring occasionally, until **chilli** thickens slightly and **turkey** is cooked through, 5-6 min. \*\* Season with **salt** and **pepper**. (TIP: If you have time, keep it simmering on the stove for longer! It gets better the longer it cooks!)



### Cook veggies

Heat a large pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **add peppers, squash and onions**. Cook, stirring occasionally, until **veggies** soften, 5-6 min. Season with **salt** and **pepper**.



### Pickle jalapeño

While **chilli** cooks, thinly slice **jalapeño**, removing seeds for less heat. (TIP: We suggest using gloves when prepping jalapeño!) Add **jalapeños, vinegar, 2 tbsp water** and **1 tsp sugar** (dbl both for 4 ppl) to a small pot. Season with **salt**. Bring to a simmer over medium-high heat. Simmer, stirring often, until **sugar** dissolves, 1-2 min. Remove pot from heat. Transfer **jalapeños**, including **liquid**, to a medium bowl. Place in the fridge to cool.



### Cook turkey

Add **turkey** and **garlic** to the pot with **veggies**. Cook, stirring often, until **turkey** is golden-brown, 3-4 min. Add **Mexican Seasoning** and **tomato sauce base**. Cook, stirring often, until fragrant, 1 min.



### Finish and serve

Divide **turkey chilli** between bowls. Top with **cilantro** and **pickled jalapeños**.

## Dinner Solved!