



Cal Smart Honey-Chipotle Turkey with Zesty Bulgur Salad

Calorie Smart

Spicy

30 Minutes



Turkey Breast Portions



Enchilada Spice Blend



Chipotle Sauce



Bulgur Wheat



Arugula and Spinach Mix



Lime



Baby Tomatoes



Honey



Feta Cheese, crumbled

HELLO BULGUR

A staple in Middle Eastern cuisine, bulgur has a deliciously light and nutty flavour!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, zester, medium pot, large bowl, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Enchilada Spice Blend	1 tbsp	2 tbsp
Chipotle Sauce 🍷	2 tbsp	4 tbsp
Bulgur Wheat	½ cup	1 cup
Arugula and Spinach Mix	56 g	113 g
Lime	1	1
Baby Tomatoes	113 g	227 g
Honey	1 tbsp	2 tbsp
Feta Cheese, crumbled	¼ cup	½ cup

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.

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Cook bulgur

Add **¾ cup water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, add **bulgur**. Stir to combine, then cover and remove the pot from heat. Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min. Fluff with a fork. Transfer **bulgur** to a plate, then spread in a single layer. Set aside in the fridge to cool.



Make honey-chipotle sauce

Meanwhile, add **chipotle sauce** and **half the honey** to a small bowl. Season with **salt**, to taste, then stir to combine.



Prep

Meanwhile, halve **tomatoes**. Zest, then juice **half the lime** (whole lime for 4 ppl).



Make salad

Add **lime juice**, **lime zest**, **remaining honey** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl, then whisk to combine. Add **tomatoes**, **bulgur**, **arugula and spinach mix** and **half the feta**. Season with **salt** and **pepper**, to taste, then toss to combine.



Cook turkey

Heat a large non-stick pan over medium-high heat. While the pan heats, pat **turkey** dry with paper towels. Season with **salt**, **pepper** and **Enchilada Spice Blend**. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **turkey**. Cook until golden-brown, 1-2 min per side. Transfer **turkey** to an unlined baking sheet. Bake in the **middle** of the oven until cooked through, 8-10 min.**



Finish and serve

Thinly slice **turkey**. Divide **salad** between plates, then top with **turkey**. Drizzle **honey-chipotle sauce** over top. Sprinkle with **remaining feta**.

Dinner Solved!