



Cal Smart Turkey Bowls

with DIY Pineapple Salsa and Veggie-Lime Rice

Calorie Smart 30 Minutes



Turkey Breast Portions



Basmati Rice



Sweet Bell Pepper



Red Onion



Pineapple



Lime



Garlic Puree



Mexican Seasoning



Honey

HELLO LIME ZEST

Punch up the flavour of rice with a sprinkle of lime zest!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Basmati Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	226 g
Pineapple	95 g	190 g
Lime	1	1
Garlic Puree	1 tbsp	2 tbsp
Mexican Seasoning	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Prep

Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges. Core, then cut **pepper** into ½-inch pieces. Cut **pineapple** into ½-inch pieces. Peel, then cut **onion** into ¼-inch pieces.



Make salsa

While **turkey** bakes, add **honey, lime juice** and **1 tsp oil** (dbl for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, then stir to combine. Add **pineapple, half the peppers** and **one-quarter of the onions**, then stir to combine.



Cook rice

Add **rice** to the **boiling water**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Cook veggies

Heat the same pan (from step 3) over medium-high. When hot, add **remaining peppers** and **remaining onions** to the dry pan. Season with **remaining Mexican Seasoning, salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 3-4 min.



Cook turkey

While rice cooks, stir together **garlic puree** and **half the Mexican Seasoning** in a small bowl. Pat **turkey** dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **turkey**. Cook until golden-brown, 1-2 min per side. Transfer **turkey** to an unlined baking sheet. Spread **garlic-Mexican Seasoning mixture** evenly over tops of **turkey**. Bake in the **middle** of the oven until cooked through, 5-7 min.**



Finish and serve

Fluff **rice** with a fork, then stir in **veggies** and **lime zest**. Thinly slice **turkey**. Divide **rice** between bowls. Top with **turkey** and **salsa**. Squeeze a **lime wedge** over top, if desired.

Dinner Solved!