



# Carb Smart Jalapeño Popper Turkey Bake with Broccoli and Zucchini

Carb Smart

Optional Spice

25 Minutes



Turkey Breast Portions



Garlic Salt



Jalapeño



Cream Cheese



Cheddar Cheese, shredded



Zucchini



Broccoli, florets



Green Onions



Cream

HELLO ZUCCHINI

*This versatile squash also goes by the name courgette!*

## Start here

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

### Heat Guide for Step 4 (dbl for 4 ppl):

- Mild: ½ tbsp
- Medium: 1 tbsp
- Spicy: 1½ tbsp
- Extra-spicy: 2 tbsp

## Bust out

Baking sheet, medium oven-proof pan, measuring spoons, paper towels

## Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Garlic Salt	1 tsp	2 tsp
Jalapeño 🌶️	1	2
Cream Cheese	43 g	86 g
Cheddar Cheese, shredded	¼ cup	½ cup
Zucchini	200 g	400 g
Broccoli, florets	227 g	454 g
Green Onions	2	4
Cream	56 g	113 g
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 our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

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## Prep

Cut **broccoli** into bite-sized pieces. Cut **zucchini** in half lengthwise, then into ½-inch half-moons. Thinly slice **green onions**. Core, then finely chop **jalapeño**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping jalapeño!)



## Assemble turkey bake

Reduce heat to low, then stir in **cream** and **cream cheese**. Cook, stirring often, until combined, 1 min. Arrange **turkey** in a single layer in the pan. (**NOTE:** If you don't have an oven-proof pan, transfer turkey mixture to an 8x8-inch baking dish for 2 ppl or a 9x13-inch for 4 ppl.) Sprinkle **cheddar** and **1 tbsp jalapeño** over top. (**NOTE:** Reference heat guide.)



## Cook veggies

Add **broccoli**, **zucchini**, **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to a baking sheet. Season with **pepper**, then toss to combine. Bake in the **middle** of the oven until tender-crisp, 12-14 min.



## Bake turkey

Bake **turkey** in the **top** of the oven until **cheese** melts, 4-5 min. (**TIP:** Keep an eye on the cheese so that it doesn't burn!)



## Start turkey

While **veggies** cook, pat **turkey** dry with paper towels, then cut into bite-sized pieces. Season with **remaining garlic salt** and **pepper**. Heat a medium oven-proof pan over medium-high heat (**NOTE:** Use a large oven-proof pan for 4 ppl). When hot, add **½ tbsp oil** (dbl for 4 ppl), then **turkey**. Cook, stirring occasionally, until golden-brown and cooked through, 4-6 min.\*\*



## Finish and serve

Divide **turkey** and **veggies** between plates. Sprinkle **green onions** over top.

## Dinner Solved!