



# Turkey Enchiladas

with Carrot Spinach Salad

30 Minutes



Minced Turkey



Onion, sliced



Cilantro



Mexican Seasoning



Sweet Bell Pepper



Crushed Tomatoes



Flour Tortillas, 6-inch



Chicken Broth Concentrate



Cheddar Cheese, shredded



Carrot, julienned



Lime



Baby Spinach

HELLO MINCED TURKEY

*Subbing this delicious protein for ground beef is a great way to make this dinner healthier!*

## Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

## Bust out

Measuring spoons, large bowl, measuring cups, whisk, large non-stick pan, 8x8-inch baking dish

## Ingredients

	2 Person	4 Person
Minced Turkey	250 g	500 g
Onion, sliced	113 g	227 g
Cilantro	7 g	14 g
Mexican Seasoning	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Crushed Tomatoes	370 ml	740 ml
Flour Tortillas, 6-inch	6	12
Chicken Broth Concentrate	1	2
Cheddar Cheese, shredded	½ cup	1 cup
Carrot, julienned	56 g	113 g
Lime	1	2
Baby Spinach	56 g	113 g
Sugar*	¼ tsp	½ 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.*

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## Prep

Core, then cut **pepper** into ¼-inch slices. Roughly chop **cilantro**. Juice **half the lime**, then cut **remaining lime** into wedges.



## Make salad

While **filling** simmers, whisk together **1 tbsp lime juice**, **¼ tsp sugar** and **1 tbsp oil** (dbl all for 4 ppl) in a large bowl. Add **carrots** and **spinach**. Season with **salt** and **pepper**, then toss to combine. Set aside.



## Cook veggies and turkey

Heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions** and **peppers**. Cook, stirring occasionally, until **onions** soften, 2-3 min. Transfer **veggies** to a plate. Add another **½ tbsp oil** (dbl for 4 ppl) to the pan, then **turkey** and **Mexican Seasoning**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.\*\*



## Assemble and broil enchiladas

Grease an 8x8-inch baking dish with **1 tbsp oil**. (**NOTE:** For 4 ppl, use a 9x13-inch baking dish greased with 2 tbsp oil.) Place **tortillas** on a clean work surface. Divide **turkey mixture** between **tortillas**. Roll up to close and place, seam-side down, in the prepared baking dish. Sprinkle **cheese** over top. Broil in the **middle** of the oven until **cheese** melts, 2-3 min.



## Cook filling

Add **crushed tomatoes**, **cooked veggies**, **broth concentrate** and **¼ cup water** (dbl for 4 ppl) to the pan with **turkey**, then stir to combine. Simmer, stirring occasionally, until **sauce** reduces slightly, 5-6 min. Season with **salt** and **pepper**.



## Finish and serve

Divide **enchiladas** and **salad** between plates. Sprinkle **cilantro** over **enchiladas**. Squeeze over a **lime wedge**, if desired.

## Dinner Solved!