



Smart Jalapeño Popper Turkey Bake with Broccoli and Zucchini

Carb Smart

Calorie Smart

Spicy

Quick

25 Minutes



Turkey Breast
Portions



Seasoned Salt



Jalapeño



Cream Cheese



Cheddar Cheese,
shredded



Zucchini



Broccoli, florets



Green Onion



Cream

HELLO ZUCCHINI

This versatile squash also goes by the name courgette!

Start here

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

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

Use a quarter of the jalapeños for mild, half for medium and all the jalapeños for spicy!

Bust out

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

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Seasoned Salt	½ tbsp	1 tbsp
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 Onion	2	4
Cream	56 ml	113 ml
Oil*		
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

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hello@hellofresh.ca

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Prep

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



Assemble turkey bake

Reduce heat to low, then stir **cream** and **cream cheese** into the pan with **turkey**. 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. Use a 9x13-inch dish for 4 ppl). Sprinkle **cheddar cheese** and **half the jalapeños** over top. (**NOTE:** Reference heat guide.)



Roast veggies

Add **broccoli**, **zucchini**, **1 tsp seasoned salt** and **1 tbsp oil** (dbl both for 4 ppl) to an unlined baking sheet. Season with **pepper**, then toss to combine. Roast 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, 3-5 min. (**TIP:** Keep an eye on cheese so that it doesn't burn!)



Start turkey

While **veggies** roast, pat **turkey** dry with paper towels, then cut into bite-sized pieces. Season with **remaining seasoned salt** and **pepper**. Heat a medium oven-proof pan over **medium-high** heat (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 bake** and **veggies** between plates. Sprinkle **green onions** over top.

Dinner Solved!