



Turkey Burrito Bowl










with Avocado Pico De Gallo and Cilantro-Lime Rice

PRONTO 30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

-  Minced Turkey
-  Garlic
-  Green Onions
-  Basmati Rice
-  Cilantro
-  Sour Cream
-  Lime
-  Grape Tomatoes
-  Avocado
-  Mexican Seasoning
-  Corn Kernels

HELLO PICO DE GALLO

Homemade avocado pico de gallo takes this Mexican dish to new heights

START HERE

Before starting, wash and dry all produce.

If you're lucky enough to have leftovers for the next day, tossing the chopped avocado with a bit of lime juice will keep it from oxidizing (turning brown).

Bust Out

Medium Bowl, Small Bowl, Measuring Spoons, Zester, Garlic Press, Medium Pot, Measuring Cups, Large Non-Stick Pan

Ingredients

	2 Person	4 Person
Minced Turkey	250 g	500 g
Garlic	6 g	12 g
Green Onions	2	4
Basmati Rice	¾ cup	1 ½ cup
Cilantro	7 g	14 g
Sour Cream	6 tbsp	12 tbsp
Lime	1	2
Grape Tomatoes	113 g	227 g
Avocado	1	2
Mexican Seasoning	1 tbsp	2 tbsp
Corn Kernels	113 g	227 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1. PREP

Add **1 ¼ cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil over high heat. Meanwhile, halve **tomatoes**. Zest, then juice **limes**. Thinly slice **green onions**. Finely chop **cilantro**. Peel, pit then cut **avocados** into ½-inch pieces. Peel, then mince or grate **garlic**.



4. FINISH TURKEY

Add **corn** to the pan with the **turkey**. Cook, stirring occasionally, until golden-brown, 2-3 min. Reduce heat to medium. Stir in **Mexican seasoning, garlic** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring often, until fragrant, 1-2 min.



2. COOK RICE

Add **rice** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



5. MAKE CONDIMENTS

Stir together **sour cream, half the lime juice** and **half the lime zest** in a small bowl. (**NOTE:** This is your lime crema!) Add **tomatoes, avocado, half the green onions, half the cilantro** and **remaining lime juice** to a medium bowl. Season with **salt** and **pepper**. Toss together. (**NOTE:** This is your pico de gallo!)



3. COOK TURKEY

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **turkey**. Season with **salt** and **pepper**. Cook, breaking up **turkey** into smaller pieces, until golden-brown, 4-5 min.**



6. FINISH AND SERVE

When **rice** is done, fluff with a fork and stir in **remaining green onions, remaining lime zest** and **remaining cilantro**. Season with **salt**. Divide **rice** between bowls and top with **turkey mixture** and **pico de gallo**. Dollop with **lime crema**.

Dinner Solved!