



Cal Smart Tex-Mex Turkey Bowls

with Mexican Street Corn Slaw

Smart Meal

25 Minutes

Customized Protein

+ Add

Swap

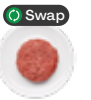
or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Beyond Meat®
2 | 4



Ground Turkey
250 g | 500 g



Tex-Mex Paste
1 tbsp | 2 tbsp



Mexican Seasoning
1 tbsp | 2 tbsp



Corn Kernels
113 g | 227 g



Red Cabbage, shredded
56 g | 113 g



White Wine Vinegar
1 tbsp | 2 tbsp



Green Onion
1 | 2



Feta Cheese, crumbled
¼ cup | ½ cup



Sour Cream
1 | 2



Wild Rice Medley
½ cup | 1 cup



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.

1



Cook wild rice

- Before starting, wash and dry all produce.

- Stir together **wild rice medley**, **1 cup** (2 cups) **water** and **¼ tsp** (½ tsp) **salt** in a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 20-22 min.
- Remove from heat. Set aside, still covered.

2



Prep and make slaw

- Meanwhile, thinly slice **green onion**.
- Add **2 tsp** (4 tsp) **vinegar** and **2 tsp** (4 tsp) **oil** to a medium bowl. (**TIP:** Add ¼ tsp [½ tsp] sugar, if desired.)
- Season with **salt** and **pepper**, then whisk until combined.
- Add **cabbage**, then toss to combine.

3



Char corn

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **corn** dry with paper towels.
- When hot, add **corn** to the dry pan. Cook, stirring occasionally, until dark brown in spots, 5 min.
- Add **half the Mexican Seasoning**. Cook, stirring often, until fragrant, 15 sec.
- Transfer **corn** to the medium bowl with **slaw**, then toss to combine.
- Carefully wipe the pan clean.

4



Cook turkey

🔄 Swap | **Ground Beef**

🔄 Swap | **Beyond Meat®**

- Return the same pan to medium-high. When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **turkey**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Add **Tex-Mex paste**, **remaining Mexican Seasoning** and **2 tbsp** (4 tbsp) **water**.
- Cook, stirring often, until fragrant and no longer watery, 30 sec-1 min.
- Season with **pepper**.

5



Make crema

- Add **sour cream**, **remaining vinegar** and **1 tsp** (2 tsp) **water** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

- Add **half the green onions** to the pot with **wild rice medley**, then fluff with a fork.
- Divide **wild rice medley** between bowls. Top with **slaw** and **turkey**.
- Sprinkle **feta** and **remaining green onions** over top.
- Dollop **crema** over bowls.

4 | Cook beef

🔄 Swap | **Ground Beef**

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **turkey**.**

4 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook and plate it the same way as the **turkey**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.**