



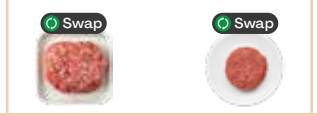
# Cal Smart Chipotle-Honey Turkey Bowls with Green Onion Rice

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  
250g | 500g

Beyond Meat®  
2 | 4



Ground Turkey  
250 g | 500 g



Garlic Salt  
1 tsp | 2 tsp



Basmati Rice  
¾ cup | 1 ½ cups



Mini Cucumber  
1 | 2



Green Onion  
2 | 4



Sweet Bell Pepper  
1 | 2



Baby Spinach  
28 g | 56 g



Chipotle Sauce  
2 tbsp | 4 tbsp



Honey  
1 | 2



Enchilada Spice Blend  
1 tbsp | 2 tbsp



White Wine Vinegar  
1 tbsp | 2 tbsp

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.



No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PADerno Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$645.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

**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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Ingredient quantities 56 g | 113 g  
2 person 4 person

1



### Cook rice

- Before starting, wash and dry all produce.

- Add **1 ¼ cups** (2 ½ cups) **water** and **half the garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



### Prep

- Meanwhile, thinly slice **cucumber**
- Thinly slice **green onions**.
- Core, then cut **pepper** into ½-inch pieces.
- Roughly chop **spinach**. (**TIP:** Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors!)

3



### Make sauce and pickle cucumbers

- Combine **chipotle sauce** and **2 tsp** (4 tsp) **honey** in a small bowl.
- Add **vinegar**, **remaining honey**, **1 tbsp** (2 tbsp) **water** and **a pinch of salt** to a medium microwavable bowl. (**NOTE:** This is your pickling liquid.)
- Microwave in 15-sec increments, stirring between each, until **salt** dissolves.
- Add **cucumbers** to **pickling liquid**. Season with **pepper**, then stir to combine.
- Place in the fridge to cool.

4



### Cook peppers

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tsp** (2 tsp) **oil**, then **peppers**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until tender, 4-5 min.
- Remove from heat, then transfer to a plate.

5



### Cook turkey

- [Swap](#) | [Ground Beef](#)
- [Swap](#) | [Beyond Meat®](#)
- Reheat the same pan over medium.
- When the pan is hot, add **1 tsp** (2 tsp) **oil**, then **turkey**. Season with **remaining garlic salt** and **pepper**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Add **1 tbsp** (2 tbsp) **water**, **Enchilada Spice Blend** and **spinach**. Stir until **spinach** wilts, 1 min.
- Remove from heat.

6



### Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **green onion rice** between bowls.
- Top with **turkey**, **peppers**, **cucumbers** and **some pickling liquid**.
- Drizzle **chipotle-honey sauce** over top.
- Sprinkle with **remaining green onions**.

### 5 | 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**.\*\*

### 5 | Cook Beyond Meat®

[Swap](#) | [Beyond Meat®](#)

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

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