

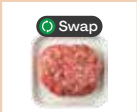


Cal Smart Tex-Mex Turkey Bowls

with Mexican Street Corn Slaw

Smart Meal

25 Minutes



Ground Beef
250 g | 500 g

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 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

- 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**, reduce **oil** to **1 tsp** (2 tsp), then add **beef** to the pan. Cook **beef** in the same way the recipe instructs you to cook the **turkey**** (Remove and discard excess fat, if desired.)

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