



Pesto Turkey Bowls

with Buttery Rice and Burst Tomatoes

15 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)

↻ Swap	↻ Swap
Ground Beef 250 g 500 g	Beyond Meat® 2 4



Ground Turkey 250 g 500 g	Jasmine Rice ¼ cup 1 ½ cups
Basil Pesto ¼ cup ½ cup	Yellow Onion, chopped 56 g 113 g
Parmesan Cheese, shredded ¼ cup ½ cup	Baby Tomatoes 113 g 227 g
Garlic Puree 1 tbsp 2 tbsp	Balsamic Glaze 2 tbsp 2 tbsp
Baby Spinach 56 g 113 g	

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.

Pantry items | Unsalted butter, salt, pepper, oil

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot

1



Cook rice

- Before starting, add 1 ¼ cups (2 ½ cups) water and ½ tsp (¼ tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Add **rice** to the boiling water. 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

- Roughly chop **spinach**
- Carefully poke **tomatoes** with a fork or with the tip of a knife.

3



Blister tomatoes

- Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **tomatoes**. Cook, stirring occasionally, until burst, 3-4 min.
- Transfer **tomatoes** to a medium bowl. Drizzle **half the balsamic glaze** (use all for 4 ppl) over **top**. Season with **salt** and **pepper**. Toss to coat. Set aside.

4



Cook turkey

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- Re-heat the large non-stick pan over medium-high
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **turkey** and **onions**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. ****** Season with **salt** and **pepper**.
- Add **pesto** and **garlic puree**. Cook stirring often until coated, 1 min.

5



Finish and serve

- Fluff **rice** with a fork. Add **spinach** and 2 **tbsp** (4 **tbsp**) **butter**. Season with **salt**, then stir to combine.
- Divide **rice** between bowls, then top with **turkey** and **blistered tomatoes**.
- Sprinkle **Parmesan** over top.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

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 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, as size may vary.