



Cal Smart Southwest Turkey Skillet

with Charred Corn Wild Rice and Pico de Gallo

Smart Meal

Spicy

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)



 Swap	 Swap
Ground Beef 250 g 500 g	Beyond Meat® 2 4
	
Ground Turkey 250 g 500 g	Tex-Mex Paste 1 tbsp 2 tbsp
	
Wild Rice Medley ½ cup 1 cup	Corn Kernels 113 g 227 g
	
Cilantro 7 g 14 g	Chicken Broth Concentrate 1 2
	
Tomato 1 2	Southwest Spice Blend 1 tbsp 2 tbsp
	
Hot Pepper 1 2	Lime 1 2
	
Red Onion 1 2	

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 | Pepper, salt, unsalted butter

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

1



Cook wild rice

- Before starting, wash and dry all produce.

- Stir together **broth concentrate**, **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, 18-20 min.
- Remove from heat. Set aside, still covered.

2



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, 4-5 min.
- Transfer **charred corn** to a plate.

3



Prep and make pico de gallo

- Meanwhile, core, then cut **hot pepper** into ½-inch pieces, removing seeds for less heat. (TIP: We suggest using gloves when prepping hot peppers.)
- Peel, then cut **onion** into ½-inch pieces, then finely chop **½ tbsp** (1 tbsp).
- Roughly chop **cilantro**.
- Cut **tomato** into ¼-inch pieces.
- Zest, then juice **half the lime**. Cut **remaining lime** into wedges.
- Add **finely chopped onions, tomatoes, lime juice**, **¼ tsp** (½ tsp) **lime zest** and **half the cilantro** to a medium bowl. Toss to combine.

4



Cook turkey and veggies

Swap | Ground Beef

Swap | Beyond Meat®

- Return the same pan (from step 2) to medium-high. When hot, add **1 tbsp** (2 tbsp) **butter**. Swirl until melted.
- Add **turkey** and **remaining onions**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Add **hot peppers**, then season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 3-4 min.

5



Finish turkey

- Add **Tex-Mex paste** and **Southwest Spice Blend** to the pan with **turkey** and **veggies**.
- Cook, stirring often, until fragrant, 30 sec.
- Add **½ cup** (¾ cup) **water**.
- Cook, stirring often, until **sauce** thickens slightly, 1-2 min.

6



Finish and serve

- Add **charred corn**, **remaining cilantro** and **½ tbsp** (1 tbsp) **butter** to the pot with **wild rice**.
- Season with **salt** and **pepper**, then fluff with a fork until **butter** melts.
- Divide **charred corn wild rice** between plates.
- Top with **turkey mixture**, then **pico de gallo**.
- Squeeze a **lime wedge** over top, if desired.

Measurements
within steps

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

4 | Cook beef and veggies

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® and veggies

Swap | Beyond Meat®

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

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