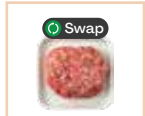




SuperQuick Pesto Turkey Bowls

with Buttery Rice and Blistered Tomatoes

15 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](http://hellofresh.ca)



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
1 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 ⅛ 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 prick **tomatoes** with a fork.

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 blistered, 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.

4



Cook turkey

Swap | Ground Beef

- Reheat the large non-stick pan (from step 3) 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****

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