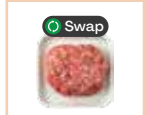




SuperQuick Pesto Turkey Bowls

with Buttery Rice and Burst 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](https://www.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
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, strainer

1



Cook rice

- Before starting, add 1 cup (2 cups) water and $\frac{1}{8}$ tsp ($\frac{1}{4}$ tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Using a strainer, rinse **rice** until **water** runs clear.
- 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. When hot, add $\frac{1}{2}$ **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](#)

- Reheat the same pan over medium-high.
- When hot, add $\frac{1}{2}$ **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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

4 | Cook beef

[Swap](#) | [Ground Beef](#)

If you've opted to get **beef**, cook **beef** in the same way the recipe instructs you to cook the **turkey**. ****** Remove and discard excess fat before adding **pesto** and **garlic puree**.