

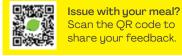
Cal Smart Chipotle-Honey Turkey Bowls

with Green Onion Rice

Calorie Smart

Spicy

30 Minutes









Ground Turkey





Chipotle Sauce

Enchilada Spice

Blend

Green Onion

Basmati Rice

Honey







Sweet Bell Pepper

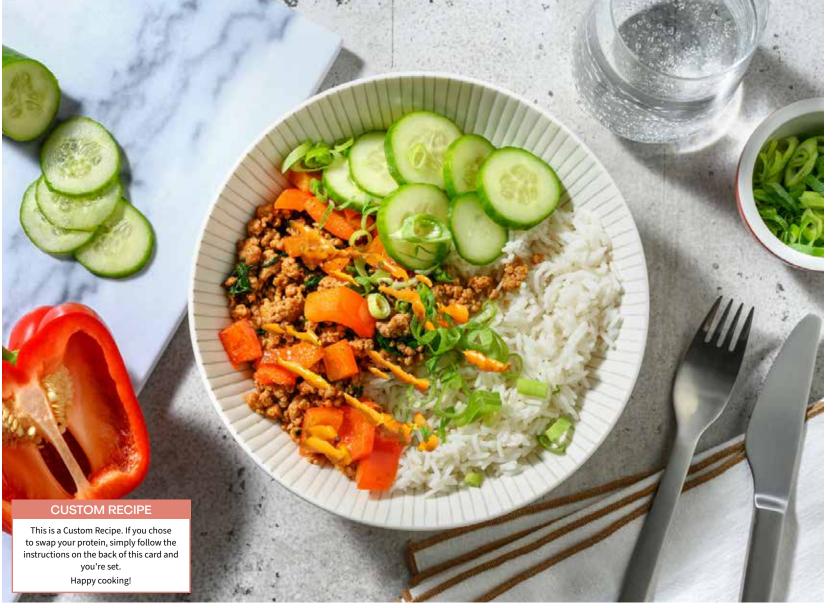




Baby Spinach

Garlic Salt

White Wine Vinegar



Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

Ingredient

Bust out

Medium microwavable bowl, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Beyond Meat®	2	4
Basmati Rice	¾ cup	1 ½ cups
Chipotle Sauce	2 tbsp	4 tbsp
Honey	1 tbsp	2 tbsp
Enchilada Spice Blend	1 tbsp	2 tbsp
Mini Cucumber	66 g	132 g
Green Onion	2	4
Sweet Bell Pepper	160 g	320 g
Garlic Salt	1 tsp	2 tsp
Baby Spinach	28 g	56 g
White Wine Vinegar	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook turkey and Beyond Meat® to a minimum internal temperature of 74°C/165°F.

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, sov. sulphites, tree nuts and wheat.



Cook rice

- Add **1** ¼ cups (2 ½ cups) water and half the garlic salt to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add rice, then 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.



Prep

- Meanwhile, thinly slice **cucumber**.
- Thinly slice green onions.
- Core, then cut **pepper** into ½-inch pieces.
- Roughly chop spinach. (TIP: Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors!)



Make sauce and pickle cucumbers

- Combine chipotle sauce and
- 2 tsp (4 tsp) honey in a small bowl.
- Add vinegar, remaining honey, 1 tbsp (2 tbsp) water and a pinch of salt to a medium microwavable bowl. (NOTE: This is your pickling liquid.) Microwave in 15-sec increments, stirring between each, until salt dissolves.
- Add cucumbers to pickling liquid. Season with **pepper**, then stir to combine.
- Place in the fridge to cool.



Cook peppers

- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1 tsp (2 tsp) oil, then peppers. Season with salt and pepper. Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Remove from heat, then transfer to a plate.



Cook turkey

- Reheat the same pan over medium.
- When hot, add 1 tsp (2 tsp) oil, then turkey. Season with remaining garlic salt and pepper. Cook, breaking up turkey into smaller pieces, until no pink remains, 4-5 min.**
- Add 2 tbsp (4 tbsp) water, Enchilada Spice Blend and spinach. Stir until **spinach** wilts, 1 min.
- Remove from heat, then cover to keep warm.

If you've opted to get **Beyond Meat®**, cook it for the same amount of time as the turkey, until crispy.**



- Fluff rice with a fork, then stir in half the green onions.
- Divide green onion rice between bowls.
- Top with turkey, peppers and cucumbers, including pickling liquid.
- Drizzle chipotle-honey sauce over top.
- Sprinkle with remaining green onions.

Dinner Solved!

