



Cal Smart Chipotle-Honey Turkey Bowls

with Green Onion Rice

Smart Meal 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
Chorizo Sausage, uncased 250 g 500 g	Tofu 1 2

Ground Turkey 250 g 500 g	Basmati Rice ¾ cup 1 ½ cups

Chipotle Sauce 2 tbsp 4 tbsp	Honey 1 2

Enchilada Spice Blend 1 tbsp 2 tbsp	Radish 3 6

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

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.

1



Cook rice

• Before starting, wash and dry all produce.

- 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.

2



Prep

- Meanwhile, thinly slice **radishes**.
- 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!)

3



Make sauce and pickle radishes

- 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 **radishes** to **pickling liquid**. Season with **pepper**, then stir to combine.
- Place in the fridge to cool.

4



Cook peppers

- Heat a large non-stick pan over medium-high heat.
- When the pan is 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.

5



Cook turkey

Swap | Chorizo Sausage

Swap | Tofu

- Reheat the same pan over medium.
- When the pan is 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.

6



Finish and serve

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

Measurements within steps

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

5 | Cook chorizo

Swap | Chorizo Sausage

If you've opted to get **chorizo**, cook it in the same way the recipe instructs you to cook the **turkey****

5 | Cook tofu

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels, then crumble into pea-sized pieces. Cook in the same way the recipe instructs you to cook the **turkey**, until golden-brown all over, 6-7 min.

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



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