



Cal Smart Honey-Chipotle Turkey

with Zesty Quinoa Salad

Calorie Smart

Spicy

Quick

25 Minutes



Turkey Breast Portions



Enchilada Spice Blend



Chipotle Sauce



White Quinoa



Arugula and Spinach Mix



Lime



Baby Tomatoes



Honey



Feta Cheese, crumbled

HELLO QUINOA

Often mistaken for a grain, this seed is packed with protein, fiber and minerals!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, strainer, zester, medium pot, large bowl, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Enchilada Spice Blend	1 tbsp	2 tbsp
Chipotle Sauce 🍷	2 tbsp	4 tbsp
White Quinoa	½ cup	1 cup
Arugula and Spinach Mix	56 g	113 g
Lime	1	1
Baby Tomatoes	113 g	227 g
Honey	1 tbsp	2 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Oil*		

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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.

Contact

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hello@hellofresh.ca

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Cook quinoa

Add **quinoa**, **3 cups water** and **1 tsp salt** (dbl for 4 ppl) to a medium pot. Bring to a boil over high heat. Once boiling, reduce heat to medium. Cook, stirring occasionally, until **quinoa** is tender but still firm to the bite, 12-14 min.



Strain quinoa

Strain **quinoa**, then rinse with **cold water** until **quinoa** is chilled. Transfer **quinoa** to a paper towel-lined baking sheet, then spread in an even layer to dry completely.



Cook turkey

While **quinoa** cooks, heat a large non-stick pan over medium-high heat. While the pan heats, pat **turkey** dry with paper towels. Season with **salt** and **pepper**, then sprinkle with **Enchilada Spice Blend**. When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **turkey**. Cook until golden-brown, 1-2 min per side. Transfer **turkey** to an unlined baking sheet. Bake in the **middle** of the oven until cooked through, 8-10 min.**



Make salad

Add **lime juice**, **lime zest**, **remaining honey** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl, then whisk to combine. Add **tomatoes**, **quinoa**, **arugula and spinach mix** and **half the feta**. Season with **salt** and **pepper**, to taste, then toss to combine.



Prep and make honey-chipotle sauce

While **turkey** cooks, halve **tomatoes**. Zest, then juice **half the lime** (whole lime for 4 ppl). Add **chipotle sauce** and **half the honey** to a small bowl. Season with **salt**, to taste, then stir to combine.



Finish and serve

Thinly slice **turkey**. Divide **salad** between plates, then top with **turkey**. Drizzle **honey-chipotle sauce** over top. Sprinkle with **remaining feta**.

Dinner Solved!