

HELLO Cal Smart Southwest Turkey Skillet with Charmed Corp Wild Pice and Pice de Gallo

with Charred Corn Wild Rice and Pico de Gallo

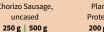
Smart Meal

Spicy

25 Minutes



uncased





Protein Shreds 200 g | 400 g

Customized Protein Add







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 🎥



Ground Turkey 250 g | 500 g



1 tbsp | 2 tbsp



Wild Rice Medley



Corn Kernels

113 g | 227 g

1/2 cup | 1 cup



Cilantro





Concentrate 1 | 2



Tomato



1 | 2

1 tbsp | 2 tbsp



Hot Pepper 1 | 2



White Wine Vinegar 1/2 tbsp | 1 tbsp



1 | 2



Allengens 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. Cooking utensils | Medium bowl, measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels



Cook wild rice

- Before starting, wash and dry all produce.
- Stir together broth concentrate, wild rice medley, 1 cup (2 cups) water and 1/4 tsp (1/2 tsp) salt in a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and cook, until rice is tender and liquid is absorbed, 18-20 min.
- Remove from heat. Set aside, still covered.



Char corn

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **corn** dry with paper towels.
- When hot, add corn to the dry pan.
- Cook, stirring occasionally, until dark brown in spots, 4-5 min.
- Transfer corn to a plate.

5



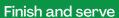
Prep and make pico de gallo

- Meanwhile, core, then cut hot pepper into ½-inch pieces, removing seeds for less heat. (TIP: We suggest using gloves when prepping hot peppers!)
- Peel, then cut **onion** into ½-inch pieces, then finely chop ½ **tbsp** (1 tbsp).
- Roughly chop cilantro.
- Cut tomato into 1/4-inch pieces.
- Add finely chopped onions, tomatoes, 1/2 tbsp (1 tbsp) vinegar and half the cilantro to a medium bowl. Toss to combine.



Finish turkey

- Add Tex-Mex paste and Southwest Spice Blend to the pan with turkey and veggies.
- Cook, stirring often, until fragrant, 30 sec.
- Add 1/2 cup (3/3 cup) water.
- Cook, stirring often, until sauce thickens slightly, 1-2 min. Season with salt and **pepper**.



- Add corn, remaining cilantro and ½ tbsp (1 tbsp) butter to the pot with wild rice.
- Season with **salt** and **pepper**, then fluff with a fork until **butter** melts.
- Divide charred corn wild rice between plates.
- Top with turkey mixture, then pico de gallo.



4 | Cook chorizo and veggies

1 tbsp

(2 tbsp)

oil

O Swap | Chorizo Sausage

Measurements

within steps

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

4 | Cook protein shreds and veggies

🔘 Swap | Protein Shreds

If you've opted to get protein shreds, cook and plate in the same way the recipe instructs you to cook and plate the turkey. **



🔘 Swap | Chorizo Sausage

O Swap | Protein Shreds

- Return the same pan (from step 2) to medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add turkey and remaining onions.
- Cook, breaking up turkey into smaller pieces, until no pink remains, 4-5 min.**
- Add hot peppers, then season with salt and pepper. Cook, stirring occasionally, until tender-crisp, 3-4 min.

