



Cal Smart Southwest Turkey Skillet

with Charred Corn Wild Rice and Pico de Gallo

Smart Meal

Spicy

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



Chorizo Sausage, uncased
250 g | 500 g

Swap



Plant-Based Protein Shreds
200 g | 400 g



Ground Turkey
250 g | 500 g



Tex-Mex Paste
1 tbsp | 2 tbsp



Wild Rice Medley
1/2 cup | 1 cup



Corn Kernels
113 g | 227 g



Cilantro
7 g | 14 g



Chicken Broth Concentrate
1 | 2



Tomato
1 | 2



Southwest Spice Blend
1 tbsp | 2 tbsp



Hot Pepper
1 | 2



White Wine Vinegar
1/2 tbsp | 1 tbsp



Red Onion
1 | 2



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

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

1



Cook wild rice

- Before starting, wash and dry all produce.

- Stir together **broth concentrate**, **wild rice medley**, **1 cup** (2 cups) **water** and **¼ tsp** (½ 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.

2



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.

3



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 ¼-inch pieces.
- Add **finely chopped onions**, **tomatoes**, **½ tbsp** (1 tbsp) **vinegar** and **half the cilantro** to a medium bowl. Toss to combine.

4



Cook turkey and veggies

Swap | Chorizo Sausage

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.

5



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 **½ cup** (¾ cup) **water**.
- Cook, stirring often, until **sauce** thickens slightly, 1-2 min. Season with **salt** and **pepper**.

6



Finish and serve

- 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**.

Measurements
within steps

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

4 | Cook chorizo and veggies

Swap | Chorizo Sausage

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**.**

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



Issue with your meal? Scan the QR code to share your feedback.