



Cal Smart Southwest Turkey

with Fiesta Bean Salad and Lime Crema

Calorie Smart

Quick

Spicy

25 Minutes



Turkey Breast Portions



Southwest Spice Blend



Roma Tomato



Red Onion



Garlic, cloves



Cilantro



Lime



Black Beans



Sour Cream



Chili Powder



Sweet Bell Pepper

HELLO TURKEY

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

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

Garlic Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust out

Baking sheet, measuring spoons, strainer, zester, large bowl, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Southwest Spice Blend	1 tbsp	2 tbsp
Roma Tomato	80 g	160 g
Red Onion	56 g	113 g
Garlic, cloves	1	2
Cilantro	7 g	14 g
Lime	1	2
Black Beans	370 ml	740 ml
Sour Cream	3 tbsp	6 tbsp
Chili Powder 🌶️	1 tsp	2 tsp
Sweet Bell Pepper	160 g	320 g
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

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Cook turkey

Heat a large non-stick pan over medium-high heat. While the pan heats, pat **turkey** dry with paper towels. Season with **salt, pepper, half the Southwest Spice Blend** and **half the chili powder**. When the pan is hot, add **1 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 lime crema

Add **sour cream** and **remaining lime zest** to a small bowl. Squeeze a **lime wedge** (use 2 for 4 ppl) over top. Season with **salt** and **pepper**, to taste, then stir to combine.



Prep

While **turkey** bakes, peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Add **onions** to a large bowl, then cover with **water**. Core, then cut **pepper** into ¼-inch pieces. Cut **tomato** into ¼-inch pieces. Peel, then mince or grate **garlic**. Zest **lime**. Juice **half the lime**, then cut **remaining lime** into wedges. Roughly chop **cilantro**. Using a strainer, drain and rinse **beans**.



Finish turkey

Thinly slice **turkey**.



Make bean salad

Using the strainer with **beans**, strain **onions**. Dry the large bowl with paper towels, then add **peppers, tomatoes, cilantro, 1 tsp garlic, beans, onions, lime juice** and **half the lime zest**. (NOTE: Reference garlic guide.) Sprinkle **remaining chili powder** and **remaining Southwest Spice Blend** over top. Season with **salt** and **pepper**, to taste. Drizzle **½ tbsp oil** (dbl for 4 ppl) over top, then toss to combine.



Finish and serve

Divide **bean salad** between plates. Top with **turkey**. Dollop **lime crema** over top. Squeeze over a **lime wedge**, if desired.

Dinner Solved!