



Cal Smart Southwest Turkey and Poblano Skillet

with Charred Corn Wild Rice and Pico de Gallo

Calorie Smart

Spicy

30 Minutes



Ground Turkey



Tex-Mex Paste



Wild Rice Medley



Corn Kernels



Cilantro



Chicken Broth Concentrate



Roma Tomato



Southwest Spice Blend



Poblano Pepper



Lime



Red Onion



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HELLO POBLANO PEPPERS

These Mexican peppers are called ancho chili peppers when dried!

Start here

Before starting, wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Tex-Mex Paste	1 tbsp	2 tbsp
Wild Rice Medley	½ cup	1 cup
Corn Kernels	113 g	227 g
Cilantro	7 g	14 g
Chicken Broth Concentrate	1	2
Roma Tomato	80 g	160 g
Southwest Spice Blend	1 tbsp	2 tbsp
Poblano Pepper 🌶️	160 g	320 g
Lime	½	1
Red Onion	113 g	226 g
Unsalted Butter*	1 ½ tbsp	3 tbsp
Salt and Pepper*		

* Pantry items

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

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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Cook wild rice

- Stir together **broth concentrate, wild rice medley, 1 cup water** and **¼ tsp salt** (dbl both for 4 ppl) 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 the pot from heat. Set aside, still covered.



Cook turkey and veggies

- Return the same pan (from step 2) to medium-high.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), 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 **poblanos**, then season with **salt** and **pepper**. Cook, stirring occasionally, until **poblanos** are tender-crisp, 3-4 min.



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.



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 water** (⅔ cup for 4 ppl). Cook, stirring often, until **sauce** thickens slightly, 1-2 min. Season with **salt** and **pepper**, to taste.



Prep and make pico de gallo

- Meanwhile, core then cut **poblano** into ½-inch pieces, removing seeds for less heat. (TIP: We suggest using gloves when prepping poblanos!)
- Peel, then cut **onion** into ½-inch pieces, then finely chop **½ tbsp onions** (dbl for 4 ppl).
- Juice **half the lime** (whole lime for 4 ppl).
- Roughly chop **cilantro**.
- Cut **tomatoes** into ¼-inch pieces.
- Add **finely chopped onions, tomatoes, lime juice** and **half the cilantro** to a medium bowl. Toss to combine.



Finish and serve

- Add **corn, remaining cilantro** and **½ tbsp butter** (dbl for 4 ppl) to the pot with **wild rice**. Season with **salt** and **pepper**, to taste, then fluff with a fork until **butter** melts.
- Divide **charred corn and rice** between plates. Top with **turkey**, then **pico de gallo**.

Dinner Solved!