



# Cal Smart Southwest Turkey and Poblano Skillet

with Charred Corn Wild Rice and Pico de Gallo

Calorie Smart

Spicy

30 Minutes



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Ground Turkey



Tex-Mex Paste



Wild Rice Medley



Corn Kernels



Cilantro



Chicken Broth  
Concentrate



Roma Tomato



Southwest Spice  
Blend



Poblano



Lime



Red Onion

HELLO POBLANOS

*These mild Mexican peppers are called ancho chili peppers when dried!*

## Start here

Before starting, wash and dry all produce.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## 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	95 g	190 g
Southwest Spice Blend	1 tbsp	2 tbsp
Poblano 🌶️	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.*

1



### Cook wild rice

- 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.

4



### Cook turkey and veggies

- 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 **poblanos**, then season with **salt** and **pepper**. Cook, stirring occasionally, until **poblanos** are tender-crisp, 3-4 min.

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.

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

3



### 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** (1 tbsp) **onions**.
- Juice **half the lime** (whole lime for 4 ppl).
- Roughly chop **cilantro**.
- Cut **tomato** into ¼-inch pieces.
- Add **finely chopped onions**, **tomatoes**, **lime juice** and **half the cilantro** to a medium bowl. Toss to combine.

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**, to taste, then fluff with a fork until **butter** melts.
- Divide **charred corn wild rice** between plates. Top with **turkey**, then **pico de gallo**.

Dinner Solved!



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