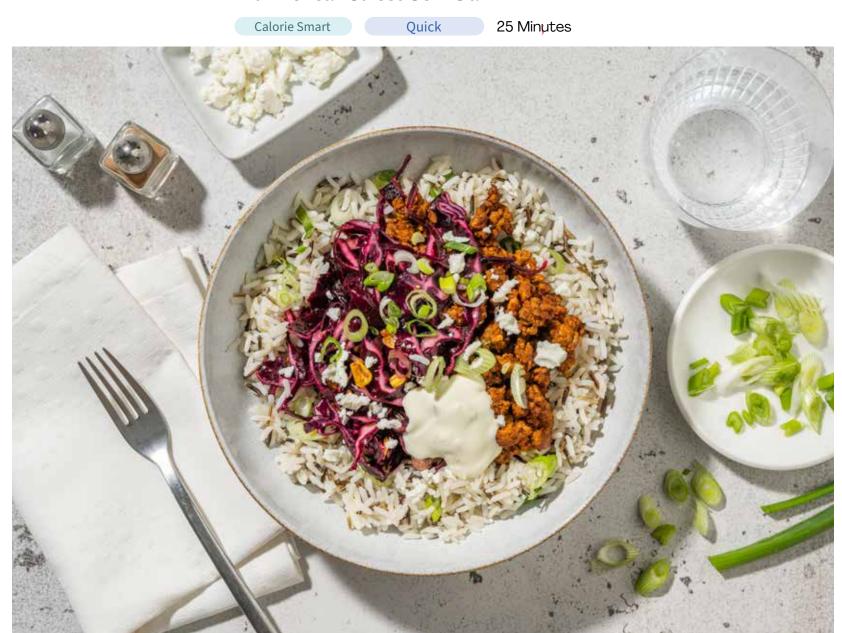


Cal Smart Tex-Mex Turkey Bowls

with Mexican Street Corn Slaw











Tex-Mex Paste

Ground Turkey



Mexican Seasoning







Red Cabbage, shredded



Green Onion

Feta Cheese, crumbled

Lime

Sour Cream

Wild Rice Medley

Start here

Before starting, wash and dry all produce.

Measurements, 1 tbsp., (2 tbsp), within steps

Bust out

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

Ingredients

2 Person	4 Person
250 g	500 g
1 tbsp	2 tbsp
1 tbsp	2 tbsp
113 g	227 g
56 g	113 g
1	2
1	2
1/4 cup	½ cup
3 tbsp	6 tbsp
½ cup	1 cup
	250 g 1 tbsp 1 tbsp 113 g 56 g 1 1 1/4 cup 3 tbsp

- * 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.



- Stir together 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, 20-22 min.
- Remove the pot from heat. Set aside, still covered.



Prep and make slaw

- Meanwhile, thinly slice green onion.
- Zest, then juice lime.
- Add half the lime zest, 2 tsp (4 tsp) lime juice and 1 tbsp (1 ½ tbsp) oil to a medium bowl. (TIP: Add 1/4 tsp [1/2 tsp] sugar, if desired.) Season with salt and pepper, then whisk until combined.
- Add cabbage, then toss to combine.



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, 5 min.
- Add half the Mexican Seasoning. Cook, stirring often, until fragrant, 15 sec.
- Transfer corn to the medium bowl with slaw (from step 2), then toss to combine.
- Carefully wipe the pan clean.



Cook turkey

- Return the same pan to medium-high.
- When hot, add 1/2 tbsp (1 tbsp) oil, then turkey. Cook, breaking up turkey into smaller pieces, until no pink remains, 4-5 min.**
- Add Tex-Mex paste, remaining Mexican Seasoning and 2 tbsp (4 tbsp) water. Cook, stirring often, until fragrant and no longer watery, 30 sec-1 min. Season with pepper, to taste.



Make lime crema

- While turkey cooks, add sour cream, remaining lime zest, 1 tsp (2 tsp) water, and 1/2 tsp (1 tsp) lime juice to a small bowl.
- Season with salt and pepper, to taste, then stir to combine.



Finish and serve

- Add half the green onions to the pot with wild rice, then fluff with a fork.
- Divide wild rice between bowls. Top with slaw and turkey.
- Sprinkle feta and remaining green onions over top.
- Dollop lime crema over bowls.



