



Cal Smart Tex-Mex Turkey Bowls

with Mexican Street Corn Slaw

Calorie Smart

Quick

25 Minutes



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Ground Turkey



Tex-Mex Paste



Mexican Seasoning



Corn Kernels



Red Cabbage,
shredded



Lime



Green Onion



Feta Cheese,
crumbled



Sour Cream



Wild Rice Medley

HELLO TEX-MEX PASTE

Smoky, sweet and spicy combine for the perfect Tex-Mex flavour!

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, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Tex-Mex Paste	1 tbsp	2 tbsp
Mexican Seasoning	1 tbsp	2 tbsp
Corn Kernels	113 g	227 g
Red Cabbage, shredded	56 g	113 g
Lime	1	2
Green Onion	1	2
Feta Cheese, crumbled	¼ cup	½ cup
Sour Cream	3 tbsp	6 tbsp
Wild Rice Medley	½ cup	1 cup
Oil*		
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 **wild rice medley**, **1 cup** (2 cups) **water** and $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ 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.

4



Cook turkey

- Return the same pan to medium-high.
- When hot, add $\frac{1}{2}$ **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.

2



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 $\frac{1}{4}$ tsp [$\frac{1}{2}$ tsp] sugar, if desired.) Season with **salt** and **pepper**, then whisk until combined.
- Add **cabbage**, then toss to combine.

5



Make lime crema

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

3



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.

6



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.

Dinner Solved!



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