

# Cal Smart Tex-Mex Turkey Bowls

with Mexican Street Corn Slaw

Calorie Smart

Quick

25 Minutes



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Mexican Seasoning

Red Cabbage,

shredded

Sour Cream

Tex-Mex Paste







Corn Kernels





Feta Cheese,

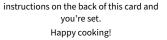


crumbled





Wild Rice Medley



**CUSTOM RECIPE** This is a Custom Recipe. If you chose to double your protein, simply follow the

## 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

## **Inaredients**

9		
	2 Person	4 Person
Ground Turkey	250 g	500 g
Double Ground Turkey	500 g	1000 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	⅓ 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.





- 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 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 2 tsp (4 tsp) oil to a medium bowl. (TIP: Add ¼ tsp [½ tsp] sugar, if desired.)
- Season with salt and pepper, then whisk until combined.
- Add cabbage, then toss to combine.



- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **corn** dry with paper
- 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, 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.

If you've opted for **double turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of turkey. Work in batches, if necessary,



#### Make lime crema

- While turkey cooks, add sour cream, remaining lime zest, 1 tsp (2 tsp) water, and ½ 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.

# **Dinner Solved!**