



Cal Smart Tex-Mex Turkey Bowls

with Mexican Street Corn Slaw

Smart Meal

25 Minutes

Customized Protein





+ Add

Swap











or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

	
	
Ground Beef 250 g 500 g	Plant-Based Protein Shreds 200 g 400 g



	
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	White Wine Vinegar 1 tbsp 2 tbsp
	
Green Onion 1 2	Feta Cheese, crumbled ¼ cup ½ cup
	
Sour Cream 3 tbsp 6 tbsp	Wild Rice Medley ½ cup 1 cup

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.

Ingredient quantities	56 g	113 g
	2 person	4 person

1



Cook wild rice

- Before starting, wash and dry all produce.

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

2



Prep and make slaw

- Meanwhile, thinly slice **green onion**.
- Add **2 tsp** (4 tsp) **vinegar** 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.

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 bowl with **slaw**, then toss to combine.
- Carefully wipe the pan clean.

4



Cook turkey

Swap | Ground Beef

Swap | Protein Shreds

- Return the same pan to medium-high.
- When the pan is hot, add **½ 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**.

5



Make crema

- Add **sour cream**, **remaining vinegar** and **1 tsp** (2 tsp) **water** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

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

4 | Cook beef

Swap | Ground Beef

If you've opted to get **beef**, cook and plate in the same way the recipe instructs you to cook and plate the **turkey**.**

4 | Cook Protein Shreds

Swap | Protein Shreds

If you've opted to get **plant-based protein shreds**, cook and plate it the same way as the recipe instructs you to cook and plate the **turkey**, tossing occasionally until cooked through, 6-8 min.**

