



# Smart Jalapeño Popper Turkey Bake

with Green Beans and Carrots

Calorie Smart

Carb Smart

Quick

Spicy

25 Minutes



Turkey Breast Portions



Seasoned Salt



Jalapeño



Cheddar Cheese, shredded



Carrot



Green Beans



Cream Cheese



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HELLO JALAPEÑO

*This medium-sized chili pepper provides a boost of flavour and a mild spice kick!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

### Heat Guide for Step 4:

- A quarter of the jalapeños for mild, half for medium and all the jalapeños for spicy!

## Bust out

Baking sheet, vegetable peeler, medium oven-proof pan, measuring spoons, paper towels

## Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Seasoned Salt	½ tbsp	1 tbsp
Jalapeño 🌶️	1	2
Cheddar Cheese, shredded	¼ cup	½ cup
Carrot	170 g	340 g
Green Beans	170 g	340 g
Cream Cheese	43 g	86 g
Milk*	¼ cup	½ cup
Oil*		
Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

## 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.*

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## Prep

- Trim, then halve **green beans**.
- Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Thinly slice **jalapeño** into rounds, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping jalapeños!)



## Assemble turkey bake

- Reduce heat to low, then stir **cream cheese** and **¼ cup milk** (dbl for 4 ppl) into the pan with **turkey**. Cook, stirring often, until combined, 1-2 min.
- Arrange **turkey** in a single layer in the pan. (**NOTE:** If you don't have an oven-proof pan, transfer turkey mixture to an 8x8-inch baking dish. Use a 9x13-inch dish for 4 ppl.)
- Sprinkle **cheddar cheese** and **half the jalapeños** over top. (**NOTE:** Reference heat guide.)



## Roast veggies

- Add **carrots, green beans, 1 tsp seasoned salt** and **1 tbsp oil** (dbl both for 4 ppl) to an unlined baking sheet. Season with **pepper**, then toss to combine.
- Roast **veggies** in the **middle** of the oven until tender-crisp, 12-14 min.



## Bake turkey

- Bake **turkey** in the **top** of the oven until **cheese** melts, 3-5 min. (**TIP:** Keep an eye on cheese so that it doesn't burn!)



## Cook turkey

- Meanwhile, pat **turkey** dry with paper towels, then cut into bite-sized pieces. Season with **remaining seasoned salt** and **pepper**.
- Heat a medium oven-proof pan (large oven-proof pan for 4 ppl) over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **turkey**. Cook, stirring occasionally, until golden-brown and cooked through, 4-6 min. \*\*



## Finish and serve

- Divide **turkey bake** and **veggies** between plates.

## Dinner Solved!