



# TEX-MEX TURKEY BOWLS

with Pineapple Salsa, Green Pepper & Cilantro Lime Quinoa

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 1  
Red Onion



1 | 2  
Long Green Pepper



¼ oz | ½ oz  
Cilantro



4 oz | 8 oz  
Pineapple



1 | 1  
Lime



½ Cup | 1 Cup  
Quinoa



1 | 2  
Chicken Stock Concentrate



1 TBSP | 2 TBSP  
Southwest Spice Blend



10 oz | 20 oz  
Ground Turkey



1 | 2  
Tex-Mex Paste



2 TBSP | 4 TBSP  
Smoky Red Pepper Crema  
Contains: Milk, Soy



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## PINEAPPLE SALSA

Pineapple, onion, lime, and cilantro create a satisfying salsa.

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 680





## QUIN-WASH

If you have time, rinse the quinoa in a fine-mesh strainer before cooking—not necessary, but it'll taste even better!

## BUST OUT

- Strainer
- Zester
- Small pot
- Small bowl
- Large pan
- Medium bowl
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

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### 1 PREP

- **Wash and dry produce.**
- Halve, peel, and thinly slice **onion**; mince a few slices until you have 2 TBSP (3 TBSP for 4 servings). Drain **pineapple**, reserving **juice**; roughly chop. Roughly chop **cilantro**. Zest and quarter **lime**. Halve, core, and thinly slice **green pepper** into strips.



### 4 COOK VEGGIES

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **sliced onion** and **green pepper**; season with **half the Southwest Spice Blend** (you'll use the rest in the next step), **salt**, and **pepper**. Cook, stirring occasionally, until veggies are browned and softened, 7-9 minutes. **TIP: If seasoning begins to brown too quickly, add a splash of water.**
- Turn off heat; transfer to a medium bowl and cover to keep warm. Wipe out pan.



### 2 COOK QUINOA

- In a small pot, bring **1 cup water** (2 cups for 4 servings) and **stock concentrate** to a boil; add **quinoa**, cover, then reduce heat to low. Cook until quinoa is tender and water has absorbed, 15-20 minutes.
- Keep covered off heat until ready to serve.



### 5 COOK TURKEY

- Heat a **drizzle of oil** in same pan over medium-high heat. Add **turkey\***; using a spatula, press into an even layer. Cook, undisturbed, until browned on bottom, 3-4 minutes.
- Break up meat into pieces and stir in **Tex-Mex paste**, **remaining Southwest Spice Blend**, and **reserved pineapple juice**. Bring to a simmer and cook until sauce has thickened and turkey is cooked through, 2-3 minutes more. Taste and season with **salt** and **pepper**. Turn off heat.



### 3 MAKE SALSA

- While quinoa cooks, in a small bowl, combine **minced onion**, **chopped pineapple**, **half the cilantro**, and a **big squeeze of lime juice**. Season with **salt** and **pepper**.



### 6 FINISH & SERVE

- Fluff **quinoa** with a fork; stir in **lime zest**, **remaining cilantro**, and **1 TBSP butter** (2 TBSP for 4 servings). Season with **salt** and **pepper**.
- Divide quinoa between bowls and top with **turkey**, **veggies**, and **pineapple salsa**. Drizzle with **smoky red pepper crema** and serve with **remaining lime wedges** on the side.

\*Ground Turkey is fully cooked when internal temperature reaches 165°.