



Cal Smart Chipotle-Honey Turkey Bowls with Green Onion Rice

Calorie Smart

Spicy

30 Minutes



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CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!



Ground Turkey



Beyond Meat®



Basmati Rice



Chipotle Sauce



Honey



Enchilada Spice Blend



Mini Cucumber



Green Onion



Sweet Bell Pepper



Garlic Salt



Baby Spinach



White Wine Vinegar

HELLO GREEN ONION

Another common name for this allium is scallion!

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 microwavable bowl, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Beyond Meat®	2	4
Basmati Rice	¾ cup	1 ½ cups
Chipotle Sauce 🌶️	2 tbsp	4 tbsp
Honey	1 tbsp	2 tbsp
Enchilada Spice Blend	1 tbsp	2 tbsp
Mini Cucumber	66 g	132 g
Green Onion	2	4
Sweet Bell Pepper	160 g	320 g
Garlic Salt	1 tsp	2 tsp
Baby Spinach	28 g	56 g
White Wine Vinegar	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook turkey and Beyond Meat® 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.



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1



Cook rice

- Add **1 ¼ cups** (2 ½ cups) **water** and **half the garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

4



Cook peppers

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp** (2 tsp) **oil**, then **peppers**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Remove from heat, then transfer to a plate.

2



Prep

- Meanwhile, thinly slice **cucumber**.
- Thinly slice **green onions**.
- Core, then cut **pepper** into ½-inch pieces.
- Roughly chop **spinach**. (**TIP:** Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors!)

5



Cook turkey

- Reheat the same pan over medium.
- When hot, add **1 tsp** (2 tsp) **oil**, then **turkey**. Season with **remaining garlic salt** and **pepper**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Add **2 tbsp** (4 tbsp) **water**, **Enchilada Spice Blend** and **spinach**. Stir until **spinach** wilts, 1 min.
- Remove from heat, then cover to keep warm.

If you've opted to get **Beyond Meat®**, cook it for the same amount of time as the **turkey**, until crispy.**

3



Make sauce and pickle cucumbers

- Combine **chipotle sauce** and **2 tsp** (4 tsp) **honey** in a small bowl.
- Add **vinegar**, **remaining honey**, **1 tbsp** (2 tbsp) **water** and a **pinch of salt** to a medium microwavable bowl. (**NOTE:** This is your pickling liquid.) Microwave in 15-sec increments, stirring between each, until **salt** dissolves.
- Add **cucumbers** to **pickling liquid**. Season with **pepper**, then stir to combine.
- Place in the fridge to cool.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **green onion rice** between bowls.
- Top with **turkey**, **peppers** and **cucumbers**, including **pickling liquid**.
- Drizzle **chipotle-honey sauce** over top.
- Sprinkle with **remaining green onions**.

Dinner Solved!