



Cal Smart Chipotle Turkey Burrito Bowls

with Guacamole and Pickled Jalapeños

Calorie Smart

Spicy

30 Minutes



Ground Turkey



Parboiled Rice



Enchilada Spice Blend



Garlic, cloves



Corn Kernels



Sweet Bell Pepper



Jalapeño



White Wine Vinegar



Guacamole



Chicken Broth Concentrate



Chipotle Sauce



Red Onion

HELLO CHIPOTLE SAUCE

Chipotles are dried jalapeños and give this sauce smoky heat!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

Bust out

Measuring spoons, medium pot, large bowl, small pot, 2 small bowls, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Parboiled Rice	¾ cup	¾ cup
Enchilada Spice Blend	1 tbsp	2 tbsp
Garlic, cloves	3	6
Corn Kernels	56 g	113 g
Sweet Bell Pepper	160 g	320 g
Jalapeño 🌶️	1	2
White Wine Vinegar	2 tbsp	4 tbsp
Guacamole	3 tbsp	6 tbsp
Chicken Broth Concentrate	1	2
Chipotle Sauce 🌶️	2 tbsp	4 tbsp
Red Onion	56 g	113 g
Unsalted Butter*	½ tbsp	1 tbsp
Sugar*	½ tsp	1 tsp
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.

Contact

Call us | (855) 272-7002

HelloFresh.ca

Facebook Instagram Twitter @HelloFreshCA



Cook rice

- Peel, then mince or grate **garlic**.
- Heat a medium pot over medium heat.
- When hot, add **½ tbsp** (1 tbsp) **butter**, then **half the garlic, half the Enchilada Spice Blend** and **half the rice** (use all rice for 4 ppl). Cook, stirring often, until fragrant, 1-2 min.
- Add **¾ cup** (1 ½ cups) **water**, **½ tsp** (¼ tsp) **salt** and **broth concentrate**. Bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 15-18 min.
- Remove the pot from heat. Set aside, still covered.



Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp** (2 tsp) **oil**, then **onions, peppers** and **half the corn** (use all for 4 ppl). Cook, stirring occasionally, until **veggies** are tender-crisp, 5-6 min.
- Season with **salt** and **pepper**.
- Transfer **veggies** to a large bowl, then cover to keep warm.



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).
- Thinly slice **jalapeño** into rounds, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping jalapeños!)



Cook turkey

- Add **½ tsp** (1 tsp) **oil** to the same pan, then add **turkey, remaining garlic** and **remaining Enchilada Spice Blend**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 3-4 min.**
- Season with **salt** and **pepper**.
- Add **¼ cup** (½ cup) **water** and **chipotle sauce**. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Remove the pan from heat.



Pickle jalapeños

- Add **jalapeños, vinegar, 2 tbsp** (4 tbsp) **water** and **½ tsp** (1 tsp) **sugar** to a small pot. Season with **salt**.
- Bring to a simmer over medium-high heat. Cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove the pot from heat.
- Transfer **jalapeños**, including **liquid**, to a small bowl.
- Place in the fridge to cool.



Finish and serve

- Stir together **guacamole** and **1 tsp** (2 tsp) **pickling liquid** in another small bowl.
- Fluff **rice** with a fork.
- Divide **rice, veggies** and **turkey** between bowls.
- Top with as many **pickled jalapeños** as desired.
- Dollop **guacamole** over top.

Dinner Solved!