



# 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)





<b>↻</b> Swap  Chorizo Sausage, uncased 250 g   500 g	<b>↻</b> Swap  Beyond Meat® 2   4
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 Ground Turkey 250 g   500 g	 Tex-Mex Paste 1 tbsp   2 tbsp
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 Mexican Seasoning 1 tbsp   2 tbsp	 Corn Kernels 113 g   227 g
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 Red Cabbage, shredded 56 g   113 g	 White Wine Vinegar 1 tbsp   2 tbsp
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 Green Onion 1   2	 Feta Cheese, crumbled ¼ cup   ½ cup
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 Sour Cream 3 tbsp   6 tbsp	 Wild Rice Medley ½ cup   1 cup
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**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.*

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

4



### Cook turkey

Swap | **Chorizo Sausage**

Swap | **Beyond Meat®**

- 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**, to taste.

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

#### 4 | Cook chorizo

Swap | **Chorizo Sausage**

If you've opted to get **chorizo**, cook it in the same way the recipe instructs you to cook the **turkey**.\*\*

#### 4 | Cook Beyond Meat®

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare, cook and plate it the same way as the **turkey**, until cooked through, 5-6 min.\*\*

\*\* Cook turkey, chorizo and Beyond Meat® to a minimum internal temperature of 74°C/165°F.

