



TURKEY BURRITO BOWL

with Avocado Pico De Gallo and Cilantro-Lime Rice

FAMILY



HELLO

PICO DE GALLO

Homemade avocado pico de gallo takes this Mexican dish to new heights

TIME: 30 MIN



Minced Turkey



Garlic



Green Onions



Basmati Rice



Cilantro



Sour Cream



Lime



Grape Tomatoes



Avocado



Mexican Seasoning



Corn Kernels

BUST OUT

- Medium Pot
- Small Bowl
- Measuring Spoons
- Zester
- Garlic Press
- Medium Bowl
- Measuring Cups
- Large Non-Stick Pan
- Salt and Pepper
- Olive or Canola Oil

INGREDIENTS

4-person

- Minced Turkey 500 g
- Garlic 12 g
- Green Onions 4
- Basmati Rice 1 ½ cup
- Cilantro 14 g
- Sour Cream 2 ¾ cup
- Lime 2
- Grape Tomatoes 227 g
- Avocado 2
- Mexican Seasoning 2 tbsp
- Corn Kernels 227 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

If you're lucky enough to have leftovers for the next day, tossing the chopped avocado with a bit of lime juice will keep it from oxidizing (turning brown).



1 PREP Wash and dry all produce.* In a medium pot, add **3 cups water**. Cover and bring to a boil over high heat. Meanwhile, halve **tomatoes**. Zest, then juice **limes**. Peel, then mince or grate **garlic**. Thinly slice **green onions**. Finely chop **cilantro**. Peel, pit then cut **avocados** into ½-inch pieces.



4 FINISH TURKEY To **turkey**, add **corn**. Cook, stirring occasionally, until golden-brown, 2-3 min. Reduce heat to medium. Stir in **Mexican seasoning, garlic** and **¼ cup water**. Cook, stirring often, until fragrant, 1-2 min.



2 COOK RICE To **boiling water**, add **rice**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



5 MAKE CONDIMENTS In a small bowl, stir together **sour cream, half the lime juice** and **half the lime zest**. (**NOTE:** This is your lime crema!) In a medium bowl, add **tomatoes, avocado, half the green onions, half the cilantro** and **remaining lime juice**. Season with **salt** and **pepper**. Toss together. (**NOTE:** This is your pico de gallo!)



3 COOK TURKEY Meanwhile, heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then **turkey**. Season with **salt** and **pepper**. Cook, breaking up **turkey** into smaller pieces, until golden-brown, 4-5 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F.**)



6 FINISH AND SERVE When **rice** is done, fluff with a fork and stir in **remaining green onions, remaining lime zest** and **remaining cilantro**. Season with **salt**. Divide **rice** between bowls and top with **turkey mixture** and **pico de gallo**. Dollop with **lime crema**.

TASTY!

All the joy of a burrito without the extra carbs!