



TEX-MEX TURKEY BOWLS

with Pineapple Salsa, Green Pepper & Cilantro Lime Rice

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
White Rice



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



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Diced Skinless Dark Meat Chicken
Calories: 610



10 oz | 20 oz
Ground Beef**
Calories: 800



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 690



HELLO

PINEAPPLE SALSA

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

THE RICE IS RIGHT

The key to tender rice? Simmer in a tightly covered pot until no water remains (no peeking!), then let it sit covered off heat so the moisture redistributes.

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

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

HOW WAS YOUR MEAL?



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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 RICE

- In a small pot, combine **rice**, **3/4 cup water (1 1/2 cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 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.

- Open package of **chicken*** and drain off any excess liquid. Swap in chicken (no need to break up into pieces!) or **beef*** for turkey.



3 MAKE SALSA

- While rice 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 **rice** with a fork; stir in **lime zest**, **remaining cilantro**, and **1 TBSP butter (2 TBSP for 4 servings)**. Season with **salt** and **pepper**.
- Divide rice 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°.

• *Chicken is fully cooked when internal temperature reaches 165°.

• *Ground Beef is fully cooked when internal temperature reaches 160°.