



# TURKEY CHILE RELLENOS

with Poblano Peppers and Southwest-Style Sauce

SPICY

PRONTO



## HELLO CHILE RELLENOS

A stuffed poblano pepper dish from Mexico

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 760



Minced Turkey



Basmati Rice



Poblano Pepper



Southwest Spice Blend



Monterey Jack Cheese, shredded



Chicken Broth Concentrate



Onion, chopped



Diced Tomatoes



Parsley



Pepitas

## BUST OUT

- Baking Sheet
- Measuring Spoons
- Large Non-Stick Pan
- Salt and Pepper
- Measuring Cups
- Olive or Canola oil
- Medium Pot

## INGREDIENTS

2-person | 4-person

- Minced Turkey 250 g | 500 g
- Basmati Rice ½ cup | 1 cup
- Poblano Pepper 🌶️ 2 | 4
- Southwest Spice Blend 1 tbsp | 2 tbsp
- Monterey Jack Cheese, shredded 2 ½ cup | 1 cup
- Chicken Broth Concentrate 1 | 2
- Onion, chopped 56 g | 113 g
- Diced Tomatoes 1 can | 2 can
- Parsley 10 g | 20 g
- Pepitas 28 g | 56 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 Seafood/Fruit de Mer
- 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



Preheat the broiler to **high** (to broil the peppers).



**1 COOK RICE**  
Wash and dry all produce.\* Heat a medium pot over medium heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook until softened, 2-3 min. Add **1 ½ cups water** (dbl for 4 ppl), **concentrate(s)** and **rice**. Bring to a boil over high heat. Meanwhile, wearing kitchen gloves, cut **poblanos** in half lengthwise, then remove inside cores to make bowl shape.



**4 COOK SAUCE**  
Add the **tomatoes**, **half the pepitas** and **¼ cup water** (dbl for 4 ppl) to the pan with the **turkey mixture**. Cook, stirring occasionally, until the mixture thickens, 4-5 min. Remove the pan from the heat and set aside.



**2 BROIL PEPPERS**  
Once the **water** is boiling, reduce the heat to low. Cover and cook until the **rice** is tender and the water has been absorbed, 12-14 min. Meanwhile, on a baking sheet, coat each **pepper half** with **1 tsp oil**, then arrange the peppers cut-side down. Season with **salt**. Broil in the centre of the oven, until slightly tender but still holds its shape, 6-8 min.



**5 ASSEMBLE PEPPERS**  
When the **rice** is finished cooking, stir the rice and **half the parsley** into the **turkey mixture**. Season with **salt** and **pepper**. Fill the **poblano peppers** on the baking sheet with some of the turkey mixture, then sprinkle with the **cheese**. Broil in the centre of the oven until cheese melts, 2-3 min.



**3 COOK TURKEY**  
Meanwhile, heat a large non-stick pan over medium heat. When pan is hot, add **pepitas** to the dry pan. Toast, stirring, until golden, 3-4 min. Transfer to a plate. Increase heat to medium-high. Add **1 tbsp oil** (dbl for 4 ppl), then **turkey** and **spice blend**. Season with **salt** and **pepper**. Cook, breaking up turkey with a spoon, until no pink remains, 4-5 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F.\*\*)



**6 FINISH AND SERVE**  
Divide the **stuffed peppers** and **remaining turkey filling** between plates. Sprinkle with the **remaining pepitas** and **remaining parsley**.

## HEALTHY!

Our healthy version of chile rellenos skips the batter and deep-frying!