

# Mexican Turkey & Brown Rice Bowls

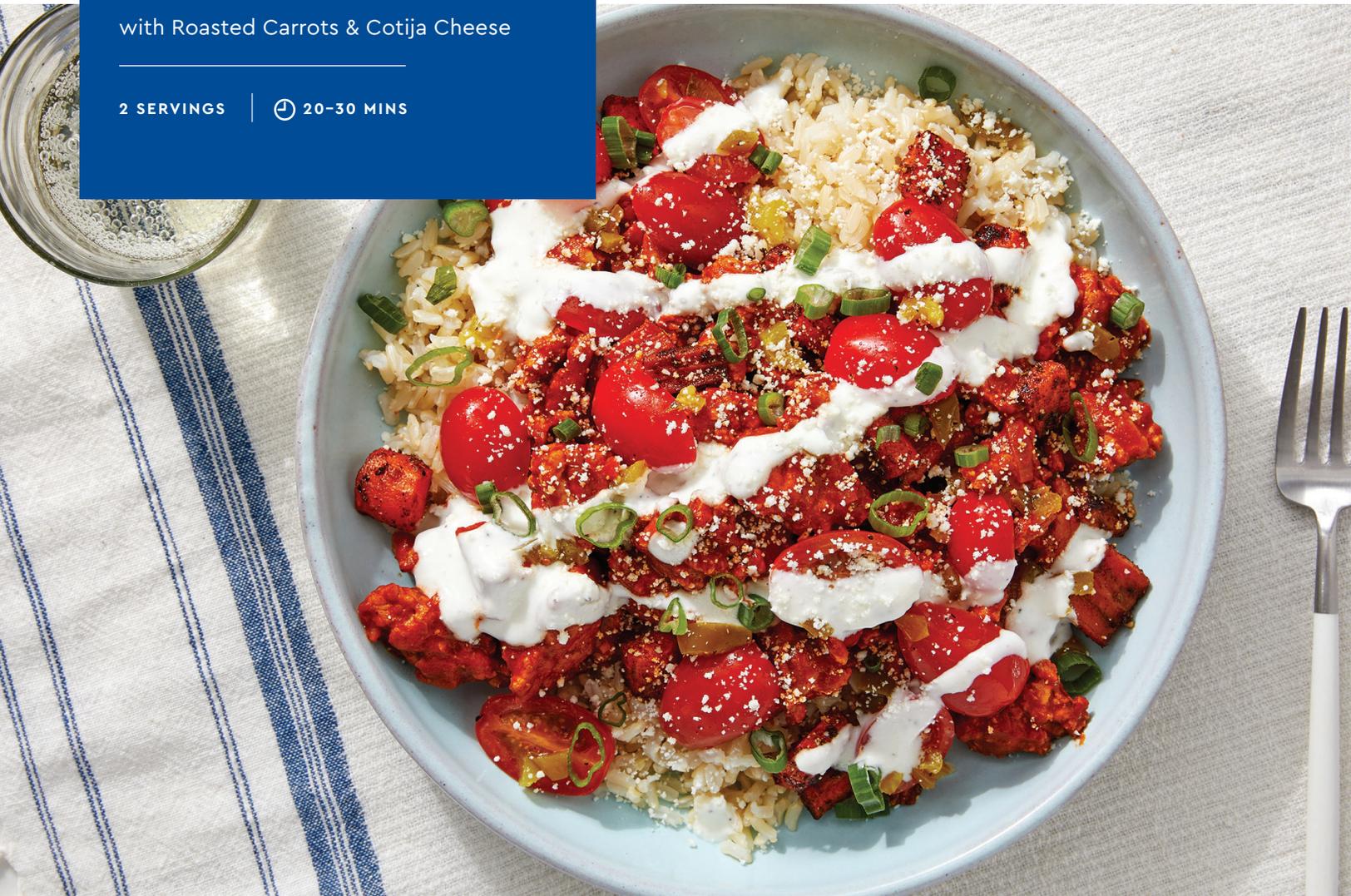
with Roasted Carrots & Cotija Cheese

2 SERVINGS

20-30 MINS

 Blue Apron

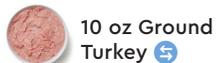
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 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an  icon) and instructions tailored to you.\*

## Ingredients

### Customized ingredients



10 oz Ground Turkey 

### SWAPPED FOR:



10 oz Ground Beef 



1 Lime



1 oz Sliced Pickled Jalapeño Pepper



6 oz Carrots



2 Scallions



2 Tbsp Grated Cotija Cheese



1/3 cup Guajillo Chile Pepper Sauce



1/2 cup Brown Rice



4 oz Grape Tomatoes



2 Tbsp Fromage Blanc



1 Tbsp Mexican Spice Blend<sup>1</sup>



Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)



13 13 8

SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints.

Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

If you customized this recipe, your SmartPoints may differ from what's above.

To learn more about WW and SmartPoints visit [www.ww.com](https://www.ww.com). The WW logo, SmartPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano  
\*Ingredients may be replaced and quantities may vary.

**Hey, Chef!** Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

## 1 Prepare & roast the carrots

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Line a sheet pan with foil.
- Peel the **carrots**; halve lengthwise, then cut crosswise into  $\frac{1}{2}$ -inch pieces.
- Transfer to the sheet pan. Drizzle with **olive oil** and season with salt, pepper, and enough of the **spice blend** to coat (you may have extra). Toss to coat; arrange in an even layer.
- Roast 13 to 15 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



## 2 Cook the rice

- Meanwhile, add the **rice** to the pot of boiling water. Cook, uncovered, 17 to 19 minutes, or until tender. Turn off the heat.
- Drain thoroughly.



## 3 Prepare remaining ingredients & make the salsa

- Meanwhile, thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Halve the **tomatoes**.
- Halve the **lime** crosswise.
- Roughly chop the **pepper**. Thoroughly wash your hands immediately after handling.
- In a medium bowl, combine the **halved tomatoes, the juice of 1 lime half, a drizzle of olive oil, and as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



## 4 Cook the turkey

- In a medium pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **turkey and sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 3 to 4 minutes, or until lightly browned.
- Add the **guajillo chile sauce** (carefully, as the liquid may splatter) and  **$\frac{1}{4}$  cup of water**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the sauce is slightly thickened and the turkey is cooked through.
- Turn off the heat. Taste, then season with salt and pepper if desired.



### ↻ CUSTOMIZED STEP 4 *If you chose Ground Beef*

- Follow the directions in Step 4, using the **beef** (instead of turkey).

## 5 Make the sauce & serve your dish

- Meanwhile, in a bowl, combine the **fromage blanc and the juice of the remaining lime half**. Season with salt and pepper.
- Serve the **cooked rice** topped with the **cooked turkey, roasted carrots, and salsa**. Drizzle with the **sauce**. Garnish with the **cheese and sliced green tops of the scallions**. Enjoy!



### ↻ CUSTOMIZED STEP 5 *If you chose Ground Beef*

- Make the sauce and serve your dish as directed with the **cooked beef** (instead of turkey).

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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