

# DINNERLY



## Cajun Turkey Brown Rice Bowl with Cheese & Bell Pepper



ca. 20min



2 Servings

That signature Cajun flavor is right at home with saucy turkey, crisp bell pepper and onions, and lots of melty cheese. Don't get us started on how fast this meal comes together—you'll be wondering what else to do with all your free time! We've got you covered!

## WHAT WE SEND

- 5 oz quick-cooking brown rice
- 1 green bell pepper
- 1 yellow onion
- 10 oz pkg ground turkey
- ¼ oz Cajun seasoning
- 8 oz tomato sauce
- 2 oz shredded cheddar-jack blend <sup>7</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- sugar

## TOOLS

- small saucepan
- fine-mesh sieve
- medium skillet

## ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 820kcal, Fat 37g, Carbs 80g, Protein 45g



### 1. Cook rice

Bring a small saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve.



### 2. Cook pepper & onion

Meanwhile, halve **pepper**, discard stem and seeds, and cut into ½-inch pieces. Cut **onion** into ½-inch pieces.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add onions and peppers; season with **salt** and **pepper**. Cook, stirring occasionally, until starting to brown and soften, 8–10 minutes. Transfer to a medium bowl.



### 3. Cook turkey

Heat **1 tablespoon oil** in same skillet. Add **turkey** and cook, breaking up into smaller pieces, until cooked through, about 5 minutes. Add **1 teaspoon Cajun seasoning** (add more for more heat); cook, stirring until fragrant, about 30 seconds. Add **¼ cup water** and bring to a simmer, scraping up any browned bits from bottom of skillet. Stir in **tomato sauce** and a **pinch of sugar**.



### 4. Finish & serve

Season **turkey** to taste with **salt** and **pepper**. Fluff **rice** with a fork.

Serve **Cajun turkey and peppers** with **cheese** sprinkled over top. Enjoy!



### 5. ...

What were you expecting, more steps?



### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!