

# DINNERLY



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



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

- 12 oz cauliflower 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>1</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- sugar

## TOOLS

- medium nonstick skillet
- medium skillet

## ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

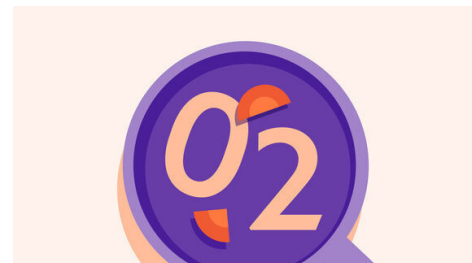
## NUTRITION PER SERVING

Calories 630kcal, Fat 41g, Carbs 35g, Protein 40g



### 1. CAULI RICE VARIATION

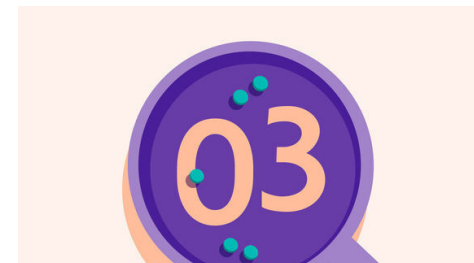
Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season with **salt** and **pepper**. Transfer to a bowl; cover and set aside. Wipe out skillet.



### 2. Cook pepper & onion

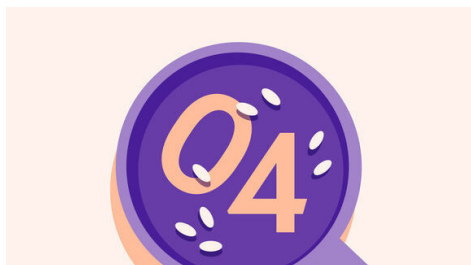
Meanwhile, halve **pepper**, discard stem and seeds, and cut into ½-inch pieces. Cut **onion** into ½-inch pieces.

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!