





Episode 4: Southwest Turkey & Street Corn Stuffed Poblano Peppers

with Cilantro Brown Rice & Creamy Cilantro Peanut Vinaigrette

Ingredients

Turkey & Street Corn Filling

- 4 large poblano peppers
- 1 lb lean ground turkey (93/7)
- 2 ears fresh sweet corn, kernels removed or frozen sweet corn
- 1 (15 oz.) can black beans, rinsed and drained
- ½ cup diced yellow onion
- 3 cloves garlic, minced
- 1 cup fire-roasted diced tomatoes, drained
- 1 tbsp olive oil

Seasoning

- 2 tsp 1PL8 Herb Salt™
- 2 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp Mexican oregano
- ½ tsp chili powder
- ¼ tsp black pepper

Cilantro Brown Rice

- 2 cups cooked brown rice
- ¼ cup chopped fresh cilantro
- Zest of 1 lime
- Juice of ½ lime
- 1 tsp 1PL8 Herb Salt™

Creamy Cilantro Peanut Vinaigrette

- 2 tbsp natural peanut butter
- ¼ cup fresh cilantro
- Juice of 1 lime
- 2 tbsp rice vinegar
- 1 garlic clove



- 1 tbsp honey
- 2 tbsp olive oil
- 2–4 tbsp warm water
- ½ tsp 1PL8 Herb Salt™

Garnishes

- 1 avocado, sliced
- 4–5 radishes, thinly sliced
- Lime wedges

Directions

Step 1 – Roast the Poblanos

1. Preheat your oven to 400°F.
2. Slice each poblano pepper in half lengthwise and remove the seeds and membranes.
3. Brush lightly with olive oil and place cut-side up on a baking sheet.
4. Roast for 10–12 minutes while you prepare the filling.

Step 2 – Char the Corn

1. Heat a large skillet over medium-high heat.
2. Cook the corn kernels without stirring too much until lightly charred, about 5 minutes.
3. Remove and set aside.

Chef Rich Tip: Let the corn sit in the pan before stirring. That's how you develop those sweet, smoky flavors.

Step 3 – Make the Filling

1. Add olive oil to the same skillet.
2. Cook onions for 3–4 minutes.
3. Add garlic and cook another 30 seconds or until aroma.
4. Add the ground turkey and cook until browned.

Season with:

- 1PL8 Herb Salt™
- Smoked paprika
- Cumin
- Oregano
- Chili powder
- Black pepper

Stir in:

- Fire-roasted tomatoes
- Black beans
- Charred corn



- Cook another 3–4 minutes until heated through.

Step 4 – Stuff the Peppers

1. Fill each roasted poblano half generously with the turkey mixture.
2. Return to the oven for 10–12 minutes until the peppers are tender.

(Optional: Broil for 2 minutes for extra color.)

Step 5 – Make the Cilantro Rice

Mix together: if using brown prepackaged rice.

1. Warm brown rice
2. Cilantro
3. Lime zest
4. Lime juice
5. 1PL8 Herb Salt™
6. Fluff with a fork.

Step 6 – Blend the Vinaigrette

Blend together:

1. Peanut butter
2. Cilantro
3. Lime juice
4. Rice vinegar
5. Garlic
6. Honey
7. Olive oil
8. Herb Salt™

Slowly add warm water until smooth and pourable.

Chef Rich's Cooking Tips

1. **Moisture is the enemy of a great sear.** Cook the turkey until any excess moisture has evaporated so the spices can develop deeper flavor.
2. **Fresh corn is summer's candy.** Charring it adds natural sweetness and smoky flavor without extra ingredients.
3. **Knife skills save time and money.** Uniform cuts help everything cook evenly and reduce waste.
4. **Homemade vinaigrettes beat bottled every time.** Fresh ingredients deliver brighter flavor, and you control what goes into your food.

