



# Cal Smart Spiced Turkey Salad

with Dill Pickle Cream

Calorie Smart 25 Minutes



Turkey Breast Portions



Spring Mix



Baby Tomatoes



Crispy Shallots



Sour Cream



Green Onions



Dill Pickle, sliced



Garlic



Dijon Mustard



Paprika-Garlic Blend



Mayonnaise

HELLO DILL PICKLE

*This crunchy classic packs a flavourful punch!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

### Garlic Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

## Bust out

Baking sheet, medium bowl, measuring spoons, large bowl, parchment paper, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Spring Mix	113 g	227 g
Baby Tomatoes	113 g	227 g
Crispy Shallots	28 g	56 g
Sour Cream	3 tbsp	6 tbsp
Green Onions	1	2
Dill Pickle, sliced	90 ml	180 ml
Garlic	3 g	6 g
Dijon Mustard	1 ½ tsp	3 tsp
Paprika-Garlic Blend	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



## Cook turkey

Heat a large non-stick pan over medium-high heat. While the pan heats, pat **turkey** dry with paper towels. Season with **salt** and **pepper**, then evenly sprinkle **Paprika-Garlic Blend** over both sides. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **turkey**. Cook until golden-brown, 1-2 min per side. Transfer **turkey** to a parchment-lined baking sheet. Bake in the **middle** of the oven until cooked through, 5-7 min.\*\*



## Make pickle vinaigrette

Add **pickle juice** and **1 ½ tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine.



## Prep

While **turkey** cooks, halve **tomatoes**. Peel, then mince or grate **garlic**. Thinly slice **green onions**. Finely chop **pickles**. Reserve **pickle juice** for step 4.



## Finish salad

Add **tomatoes** and **spring mix** to the bowl with **vinaigrette**. Toss to combine.



## Make dill pickle cream

Add **green onions**, **garlic**, **mayo**, **sour cream**, **pickles** and **Dijon** to a medium bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, then stir to combine.



## Finish and serve

Slice **turkey**. Divide **salad** between plates. Top with **turkey**, then dollop with **dill pickle cream**. Sprinkle **crispy shallots** over top.

## Dinner Solved!