



Smart Korean-Inspired Turkey Salad

with Gochujang-Sesame Dressing

Carb Smart

Calorie Smart

Spicy

Quick

25 Minutes



Ground Turkey



Gochujang



Soy Sauce



Sesame Oil



Mayonnaise



Garlic Puree



Rice Vinegar



Baby Spinach



Sweet Bell Pepper



Mini Cucumber



Carrot, julienned



Green Onion

HELLO GOCHUJANG

This fermented Korean chili paste has distinctive savoury, sweet and spicy notes!

Start here

Before starting, wash and dry all produce.

Garlic Guide for Step 1 (dbl for 4 ppl):

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

Bust out

Measuring spoons, large bowl, small bowl, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Gochujang 🌶️	2 tbsp	4 tbsp
Soy Sauce	1 tbsp	2 tbsp
Sesame Oil	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Garlic Puree	1 tbsp	2 tbsp
Rice Vinegar	1 tbsp	2 tbsp
Baby Spinach	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Mini Cucumber	132 g	264 g
Carrot, julienned	56 g	113 g
Green Onion	1	2
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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.

Contact

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Make dressing

- Add **mayo, vinegar, half the sesame oil, half the gochujang, ½ tsp soy sauce** (dbl for 4 ppl) and **½ tsp garlic puree** to a large bowl. (**NOTE:** Reference garlic guide.) Season with **salt and pepper**, to taste, then whisk to combine.
- Reserve **1 ½ tbsp dressing** (dbl for 4 ppl) in a small bowl for use in step 6.



Finish turkey

- Add **remaining gochujang, remaining soy sauce and remaining garlic puree** to the pan with **turkey**, then stir to coat. Season with **salt and pepper**, to taste. Cook, stirring occasionally, until **turkey** starts to brown, 3-5 min.
- Remove the pan from heat.



Cook turkey

- Heat a large non-stick pan over medium-high heat.
- When hot, add **remaining sesame oil**, then **turkey**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. ** Season with **pepper**.



Make salad

- Add **spinach, carrots, peppers and cucumbers** to the large bowl with **dressing**. Toss to coat.



Prep

- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Cut **cucumbers** into ¼-inch rounds.
- Thinly slice **green onion**.



Finish and serve

- Divide **salad** between plates. Top with **turkey**.
- Drizzle **reserved dressing** over top.
- Sprinkle with **green onions**.

Dinner Solved!