



Smart Korean-Inspired Turkey Salad

with Creamy Sesame Dressing

Carb Smart

Calorie Smart

Spicy

Quick

25 Minutes



Ground Turkey



Gochujang



Soy Sauce



Sesame Oil



Mayonnaise



Garlic, cloves



Rice Vinegar



Baby Spinach



Sweet Bell Pepper



Radish



Carrot, julienned

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: ½ 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, cloves	1	2
Rice Vinegar	1 tbsp	2 tbsp
Baby Spinach	113 g	226 g
Sweet Bell Pepper	160 g	320 g
Radish	4	8
Carrot, julienned	56 g	113 g
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.

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1



Make dressing

- Peel, then mince or grate **garlic**.
- Add **mayo, vinegar, half the sesame oil, half the gochujang, ½ tsp soy sauce** (dbl for 4 ppl) and **half the garlic** to a large bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, to taste, then whisk to combine. (**TIP:** Add ¼ tsp sugar [dbl for 4 ppl] for a more balanced dressing.)
- Reserve **1 ½ tbsp dressing** (dbl for 4 ppl) in a small bowl for use in step 6.

4



Finish turkey

- Add **remaining gochujang, remaining soy sauce** and **remaining garlic** 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.

2



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**.

5



Make salad

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

3



Prep

- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Thinly slice **radishes**.

6



Finish and serve

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

Dinner Solved!