



# Smart Korean-Inspired Turkey Salad

## with Creamy Sesame Dressing

Calorie Smart

Carb Smart

Spicy

Quick

25 Minutes



Ground Turkey



Gochujang



Soy Sauce



Sesame Oil



Mayonnaise



Garlic, cloves



Rice Vinegar



Baby Spinach



Sweet Bell Pepper



Mini Cucumber



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.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

### Garlic Guide for Step 1:

- Mild: 1/8 tsp (1/4 tsp)
- Medium: 1/4 tsp (1/2 tsp)
- Extra: 1/2 tsp (1 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
Mini Cucumber	66 g	132 g
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.*

## Contact

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### 1 Make dressing

- Peel, then mince or grate **garlic**.
- Add **mayo, vinegar, half the sesame oil, half the gochujang, 1/2 tsp (1 tsp) soy sauce 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 1/4 tsp [1/2 tsp] sugar for a more balanced dressing.)
- Reserve **1 1/2 tbsp (3 tbsp) dressing** 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 cucumbers** to the large bowl with **dressing**. Toss to coat.



### 3 Prep

- Meanwhile, core, then cut **pepper** into 1/4-inch slices.
- Thinly slice **cucumber**.



### 6 Finish and serve

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

## Dinner Solved!