



Smart Turkey Salad

with DIY Ranch Dressing

Carb Smart Calorie Smart **Optional Spice** Quick 25 Minutes



-  Turkey Breast Portions
-  Carrot
-  Celery
-  Chives
-  Hot Sauce
-  White Wine Vinegar
-  BBQ Seasoning
-  Spring Mix
-  Mayonnaise
-  Sour Cream

HELLO TURKEY BREAST

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, plastic wrap, rolling pin, box grater, large bowl, small bowl, whisk, large non-stick pan, paper towels, vegetable peeler

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Carrot	170 g	340 g
Celery	3	6
Chives	7 g	14 g
Hot Sauce 🍷	3 tsp	6 tsp
White Wine Vinegar	1 tbsp	2 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Spring Mix	113 g	227 g
Mayonnaise	2 tbsp	4 tbsp
Sour Cream	3 tbsp	6 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.

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Prep and marinate veggies

Thinly slice **celery**. Peel, then grate **carrot**. Thinly slice **chives**. Add **2 tsp vinegar** and **2 tsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Add **celery** and **carrots**, then toss to coat. Set aside.



Make DIY ranch

While **turkey** cooks, add **sour cream**, **mayo**, **half the chives**, **remaining vinegar** and **½ tsp water** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Prep turkey

Pat **turkey** dry with paper towels. Place **each piece of turkey** on a cutting board and cover with plastic wrap. Using a rolling pin or heavy-bottomed pan, pound **each piece of turkey** until ½-inch thick. Season with **salt** and **BBQ seasoning**.



Finish and serve

Thinly slice **turkey**. Add **spring mix** to the large bowl with **veggies**, then toss to combine. Divide **salad** between plates. Top with **turkey** and **as much hot sauce** as desired. Drizzle **DIY ranch** over top and sprinkle with **remaining chives**.

Dinner Solved!



Cook turkey

Heat a large non-stick pan over medium heat. Add **1 tsp oil**, then **turkey**. Cook, reducing heat to medium-low if **turkey** is browning too quickly, until golden-brown all over and cooked through, 4-5 min per side. ** (**NOTE:** Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 tsp oil per batch!) Transfer **turkey** to a plate.