



Smart Turkey Crunch Salad

with Peanuts and Edamame

Smart Meal

20 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Ground Pork
250 g | 500 g

Swap



Tofu
1 | 2



Ground Turkey
250 g | 500 g



Sweet Bell Pepper
1 | 2



Green Onion
1 | 2



Seasoned Rice Vinegar
1 tbsp | 2 tbsp



Coleslaw Cabbage Mix
170 g | 340 g



Edamame
56 g | 113 g



Soy Sauce Mirin Blend
4 tbsp | 8 tbsp



Spicy Mayo
2 tbsp | 4 tbsp



Peanuts, chopped
28 g | 56 g



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.

Pantry items | Oil, salt, pepper

Cooking utensils | Large bowl, large non-stick pan, measuring spoons, whisk

1



Prep

- Before starting, wash and dry all produce.
- Core, then thinly slice **pepper**.
- Thinly slice **green onion**.

2



Make slaw

- Add **vinegar** and **1 tsp** (2 tsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **peppers**, **coleslaw cabbage mix** and **half the green onions**, then toss to coat.

3



Cook turkey

🔄 Swap | **Ground Pork**

🔄 Swap | **Tofu**

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tsp** (2 tsp) **oil**, then **turkey**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. ******

4



Glaze turkey and edamame

- Add **edamame** and **soy sauce mirin blend** to the pan with **turkey**.
- Cook, stirring often, until **sauce** is absorbed, 5-6 min. (**TIP**: If you prefer a lighter glaze, add water, 1-2 tbsp at a time, until your desired consistency is reached.)

5



Finish and serve

- Divide **slaw** between plates.
- Top with **turkey** and **edamame**.
- Drizzle with **spicy mayo**, then sprinkle **peanuts** and **remaining green onions** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Cook pork

🔄 Swap | **Ground Pork**

If you've opted to get **pork**, cook it in the same way the recipe instructs you to cook the **turkey**.******

3 | Cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. Cook it in the same way the recipe instructs you to cook the **turkey**, until golden-brown all over, 6-7 min.

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