









Smart Turkey Crunch Salad

with Peanuts and Edamame

Smart Meal

Spicy

20 Minutes

| | | |
|--|--|--|
|  Swap |  Swap |  Double |
|  |  |  |
| Ground Beef 250 g 500 g | Beyond Meat® 2 4 | Ground Turkey 500 g 1000 g |

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)



| | |
|---|--|
|  |  |
| Ground Turkey 250 g 500 g | Iceberg Lettuce Head ½ 1 |
|  |  |
| Sweet Bell Pepper 1 2 | Crispy Shallots 28 g 56 g |
|  |  |
| Seasoned Rice Vinegar 1 tbsp 2 tbsp | Soy Sauce Mirin Blend 4 tbsp 8 tbsp |
|  |  |
| Edamame 56 g 113 g | 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 | Whisk, large bowl, measuring spoons, large non-stick pan

1



Prep

- Before starting, wash and dry all produce.
- Core, then thinly slice **pepper**.
- Remove and discard outer layer of **iceberg lettuce**. Remove **stem** and cut **half the lettuce** into thin strips (use all the lettuce for 4 ppl).

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**, then toss to coat. Top with **lettuce**, but do not toss until ready to serve.

3



Cook turkey

🔄 Swap | **Ground Beef**

🔄 Swap | **Beyond Meat®**

×2 Double | **Ground Turkey**

- 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** and **2 tbsp** (4 tbsp) **water** 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

- Toss **slaw** to combine, then divide **slaw** between plates.
- Top with **turkey** and **edamame**.
- Drizzle with **spicy mayo**, then sprinkle **crispy shallots** and **peanuts** over top.

Measurements
within steps

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

3 | Cook beef

🔄 Swap | **Ground Beef**

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

3 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook it the same way as the **turkey**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.**

3 | Cook turkey

×2 Double | **Ground Turkey**

If you've opted for **double turkey**, cook it in the same way the recipe instructs you to cook the **regular portion of turkey**. Work in batches, if necessary.

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