



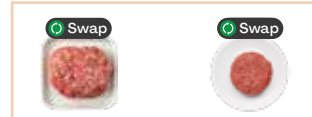
# Southwest Turkey Salad

## with Corn and Creamy Lime Dressing

15 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)



Ground Beef  
250 g | 500 g

Beyond Meat®  
2 | 4



Ground Turkey  
250 g | 500 g



Tortilla Chips  
85 g | 170 g



Baby Spinach  
113 g | 227 g



Corn Kernels  
113 g | 227 g



Baby Tomatoes  
113 g | 227 g



Lime  
1 | 2



Sour Cream  
1 | 2



Southwest Spice Blend  
1 tbsp | 2 tbsp

**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 | Sugar, pepper, oil, salt

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

1



### Cook turkey and corn

- Before starting, wash and dry all produce.

Swap | Ground Beef

Swap | Beyond Meat®

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **turkey**. Break **turkey** up into smaller pieces, then add **corn**.
- Cook, stirring occasionally, until **turkey** is cooked through, 5-6 min.\*\* Add **Southwest Spice Blend**, then stir to combine. Remove from heat, then season with **salt** and **pepper**.

2



### Prep

- Meanwhile, juice **half the lime**. Cut **remaining lime** into wedges.
- If desired, halve **tomatoes**.

3



### Make creamy lime dressing

- Add **sour cream**, **¼ tsp** (½ tsp) **sugar**, **1 tsp** (2 tsp) **lime juice** and **½ tbsp** (1 tbsp) **water** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

4



### Dress salad

- Add **remaining lime juice**, **¼ tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes** and **spinach**, then toss to combine.

5



### Finish and serve

- Divide **salad** between plates.
- Crumble **tortilla chips** over top.
- Top with **turkey** and **corn**.
- Drizzle **creamy lime dressing** over top.
- Squeeze a **lime wedge** over top, if desired.

Measurements  
within steps

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

### 1 | Cook beef and corn

Swap | Ground Beef

If you've opted to get **beef**, reduce **oil** to **½ tbsp** (1 tbsp), then add **beef** to the pan. Cook **beef** in the same way the recipe instructs you to cook the **turkey**. Remove and discard excess fat, if desired.\*\*

### 1 | Cook Beyond Meat® and corn

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.\*\*

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.