



Carb Smart Beef and Brussels Sprouts Salad

with Apples and Dijon Dressing

Smart Meal

25 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](http://www.hellofresh.ca)



Ground Turkey
250 g | 500 g

Beyond Meat®
2 | 4



Ground Beef
250 g | 500 g



Montreal Spice Blend
1 tbsp | 2 tbsp



Brussels Sprouts
170 g | 340 g



Red Cabbage, shredded
113 g | 226 g



Gala Apple
1 | 2



Dijon Mustard
1 tbsp | 2 tbsp



White Wine Vinegar
1 tbsp | 2 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Pepitas
28 g | 56 g



Dried Cranberries
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, pepper, salt

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

1



Prep

- Before starting, wash and dry all produce.

- Combine **vinegar**, **Dijon** and **mayo** in a small bowl.
- Core, then cut **apple** into ¼-inch slices.
- Add **apples**, **cabbage** and **three-quarters of the dressing** to a large bowl, then toss to coat.
- Thinly slice **Brussels sprouts**.

2



Cook Brussels sprouts

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **Brussels sprouts**. Cook, stirring often, until tender, 3-4 min. Season with **salt** and **pepper**.
- Transfer to a plate.

3



Toast pepitas

- Reheat the same pan over medium.
- When hot, add **pepitas** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn.) Transfer to another plate.

4



Cook beef

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Reheat the same pan over medium-high.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Add **Montreal Spice Blend**. Stir to combine.
- Remove from heat. Season with **salt**, to taste.

5



Finish slaw

- Add **cooked Brussels sprouts** to large bowl with **salad**, then toss to combine.

6



Finish and serve

- Divide **slaw** between plates.
- Top with **beef**.
- Drizzle **remaining dressing** over top.
- Sprinkle **cranberries** and **pepitas** over top.

Measurements
within steps

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

4 | Cook turkey

Swap | **Ground Turkey**

If you've opted to get **turkey**, add 1 **tbsp** (2 **tbsp**) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **beef**.**

4 | Cook Beyond Meat®

Swap | **Beyond Meat®**

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

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