



# 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)



Ground Chicken **+**  
250 g | 500 g



Beyond Meat®  
2 | 4



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 | Pepper, salt, oil

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**.
- Remove and discard outer layer of iceberg lettuce. Remove stem, 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 Chicken**

Swap | **Beyond Meat®**

- 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

- 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 chicken

Swap | **Ground Chicken**

If you've opted to get **chicken**, 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.\*\*

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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