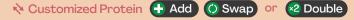


15 Minutes

🔿 Swap 🔿 Swai



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 🛸





Ground Turkey 250 g 500 g

Ground



Beyond

Meat[®] 2 | 4



Yellow Onion, chopped

56 g | 113 g

Tomato Sauce

Base

Spring Mix

56 g | 113 g



Salad Topping Mix 28 g | 56 g

2 tbsp | 4 tbsp





Worcestershire Sauce

BBQ Seasoning 1 tbsp | 2 tbsp





Ranch Dressing 2 tbsp | 4 tbsp

Brown Sugar 1/2 tbsp | 1 tbsp



2 tbsp | 4 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. 1 tbsp | 2 tbsp



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



Cook turkey and onions

- Before starting, preheat the broiler to high.
- 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 half the garlic spread, then turkey and onions.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**



Make salad

- Just before serving, add **spring mix**, **salad topping mix** and **ranch dressing** to a large bowl.
- Season with **salt** and **pepper**, then toss to combine.



Make sloppy joe sauce

- When turkey is cooked through, reduce heat to medium-low.
- Add BBQ Seasoning and half the brown sugar (use all for 4 ppl) to the pan with turkey. Cook, stirring often, until combined.
- Add tomato sauce base, Worcestershire sauce and ½ cup (¾ cup) water. Cook, stirring often, until sauce thickens slightly, 2-3 min.
- Remove the pan from heat. Season with **salt** and **pepper**.



Finish and serve

- Stack **bottom buns** with **sloppy joe mixture**, then close with **top buns**.
- Divide **sandwiches** and **salad** between plates.



Toast buns

- Meanwhile, halve **buns**. Spread **remaining** garlic spread onto cut sides.
- Arrange directly on the **middle** rack of the oven, cut-sides up.
- Broil until golden-brown, 1-2 min. (TIP: Keep an eye on buns so they don't burn!)



1 | Cook beef and onions

🚫 Swap | Ground Beef

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **turkey**. Remove and discard **excess fat**, if desired.**

1 | Cook Beyond Meat® and onions

🚫 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.**