



# SuperQuick Southwest Turkey Salad

with Corn and Creamy Lime Dressing

15 Minutes

Customized Protein

+ Add

Swap

or

x2 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)

Swap



Ground Beef  
250 g | 500 g



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.*

Ingredient quantities 56 g | 113 g  
2-serving 4-serving

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

- Heat a large non-stick pan over medium-high.
- 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 and no pink remains, 5-6 min.\*\*
- Add **Southwest Spice Blend**, then stir to combine.
- Remove from heat, then season with **salt** and **pepper**.

4



## Dress salad

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

2



## Prep

- Meanwhile, juice **half the lime**. Cut **remaining lime** into wedges.
- Halve **tomatoes**, if desired.

3



## Make creamy lime dressing

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

Measurements within steps **1 tbsp** (2 tbsp) **oil**  
2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 1 | Cook beef and corn

🔄 Swap | Ground Beef

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

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