



Smart Korean-Inspired Turkey Salad

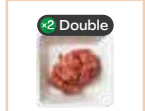
with Creamy Sesame Dressing

Carb Smart

Calorie Smart

Spicy

20 Minutes



Double Ground Turkey
500g | 1000g

↗ Custom Recipe + 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 Turkey
250 g | 500 g



Gochujang
2 tbsp | 4 tbsp



Soy Sauce
1 tbsp | 2 tbsp



Sesame Oil
1 tbsp | 2 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Garlic, cloves
1 | 2



Rice Vinegar
1 tbsp | 2 tbsp



Baby Spinach
113 g | 226 g



Sweet Bell Pepper
1 Unit | 2 Unit



Radish
3 | 6



Carrot, julienned
56 g | 113 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 | Salt*, pepper*

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

1



Make dressing

- Before starting, wash and dry all produce.
- Garlic Guide for Step 1: 1/8 tsp (1/4 tsp) mild, 1/4 (1/2 tsp) tsp medium and 1/2 tsp (1 tsp) extra!

- Peel, then mince or grate **garlic**.
- Add mayo, **vinegar**, **half the sesame oil**, **half the gochujang**, 1/2 **tsp** (1 tsp) **soy sauce** and **half the garlic** to a large bowl. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, then whisk to combine. (**TIP:** Add 1/4 tsp [1/2 tsp] sugar for a more balanced dressing.)
- Reserve **1 1/2 tbsp** (3 tbsp) **dressing** in a small bowl for use in step 6.

4



Finish turkey

- Add **remaining gochujang**, **remaining soy sauce** and **remaining garlic** to the pan with **turkey**, then stir to coat.
- Season with **salt** and **pepper**. Cook, stirring occasionally, until **turkey** starts to brown, 3-5 min.
- Remove from heat.

2



Cook turkey

*2 Double | Ground Turkey

- Heat a large non-stick pan over medium-high heat.
- When hot, add **remaining sesame oil**, then **turkey**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. ** Season with **pepper**.

5



Make salad

- Add **spinach**, **carrots**, **peppers** and **radishes** to the large bowl with **dressing**. Toss to coat.

3



Prep

- Meanwhile, core, then cut **pepper** into 1/4-inch slices.
- Thinly slice **radish**.

6



Finish and serve

- Divide **salad** between plates. Top with **turkey**.
- Drizzle **reserved creamy sesame dressing** over top.

Measurements
within steps

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

2 | Cook turkey

*2 Double | Ground Turkey

If you've opted for double turkey, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of turkey. Work in batches, if necessary.

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



Issue with your meal? Scan the QR code to share your feedback.