



Smart 'Buffalo' Turkey Salad

with Ranch Dressing

Calorie Smart

Carb Smart

Optional Spice

25 Minutes



Turkey Breast Portions



Mini Cucumber



Hot Sauce



White Wine Vinegar



BBQ Seasoning



Spring Mix



Ranch Dressing



Carrot, julienned



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HELLO TURKEY BREAST

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, plastic wrap, rolling pin, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Mini Cucumber	66 g	132 g
Hot Sauce 🌶️	2 tbsp	2 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Spring Mix	113 g	226 g
Ranch Dressing	2 tbsp	4 tbsp
Carrot, julienned	56 g	113 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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.

Contact

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1 Prep

- Peel **cucumber**, if desired, then thinly slice into rounds.



4 Cook turkey

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tsp oil**, then **turkey**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 tsp oil per batch.)
- Cook until golden-brown and cooked through, 4-5 min per side. **** (TIP:** Reduce heat to medium-low if turkey is browning too quickly.)
- Remove the pan from heat, then transfer **turkey** to a plate.



2 Marinate veggies

- Add **vinegar** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. (**TIP:** Add a pinch of sugar to the dressing, if desired!)
- Add **cucumbers** and **carrots**, then toss to coat. Set aside.



5 Finish and serve

- Add **spring mix** to the bowl with **marinated veggies**, then toss to combine.
- Divide **salad** between plates. Top with **turkey**, then drizzle with **hot sauce**, to taste.
- Drizzle **ranch dressing** over top.

Dinner Solved!



3 Prep turkey

- Pat **turkey** dry with paper towels.
- Place **turkey** on a cutting board, then cover with plastic wrap.
- Using a rolling pin or heavy-bottomed pan, pound **each piece of turkey** until ½-inch thick.
- Season with **salt** and **BBQ Seasoning**.