HELLO FRESH

Smart Turkey Taco Plate
with Lime-Ranch Dressing

(Carb Smart)　(Calorie Smart)　(Quick)　25 Minutes

×2 Double

Ground Turkey
500 g | 1000 g

Ground Turkey
250 g | 500 g

Spring Mix
56 g | 113 g

Guacamole
3 tbsp | 6 tbsp

Tex-Mex Paste
1 tbsp | 2 tbsp

Ranch Dressing
2 tbsp | 4 tbsp

Lime
1 | 2

Tomato
1 | 2

Green Onion
2 | 4

Feta Cheese, crumbled
¹/₄ cup | ¹/₂ cup

Bulgur Wheat
¹/₂ cup | 1 cup

Garlic Salt
¹/₂ tsp | 1 tsp

Ingredient quantities　**56g | 113g**
2 person | 4 person

1 | Cook bulgur

- Before starting, wash and dry all produce.

- Add **⅔ cup** (1 cup) **water** and **⅛ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **bulgur**. Stir to combine, then cover and remove from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Fluff with a fork.

2 | Prep

- Meanwhile, zest, then juice **lime**.
- Cut **tomato** into ½-inch pieces.
- Thinly slice **green onions**.
- Add **ranch dressing**, **half the lime juice**, **lime zest** and **guacamole** to a small bowl.
- Whisk to combine. Set aside.

3 | Cook turkey

`×2` **Double** | Ground Turkey

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **turkey**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 3-4 min.**
- Season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**.
- Add **Tex-Mex paste** and **half the green onions**. Cook, stirring often, until fragrant, 1-2 min.

4 | Make salad

- Meanwhile, whisk **remaining lime juice** and **½ tbsp** (1 tbsp) **oil** in a medium bowl. Season with **salt** and **pepper**.
- Add **spring mix**, **tomatoes** and **remaining green onions** to the medium bowl with **lime dressing**.
- Toss to combine.
- Season with **a pinch of remaining garlic salt** and **pepper**, to taste.

5 | Finish and serve

- Stir **bulgur** into **turkey**.
- Divide **turkey-bulgur mixture** and **salad** between plates.
- Drizzle with **lime-ranch dressing**.
- Sprinkle **feta** over **salad**.

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

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3 | 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.