



Smart Korean-Inspired Turkey Salad

with Creamy Sesame Dressing

Smart Meal

Spicy

20 Minutes

↗ 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)



↻ Swap



Ground Pork
250 g | 500 g

↻ Swap



Plant-Based Protein Shreds
200 g | 400 g



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 | 2



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.

1



Make dressing

• Before starting, wash and dry all produce.

• Garlic Guide for Step 1:

- Mild: 1/8 tsp (1/4 tsp)
- Medium: 1/4 tsp (1/2 tsp)
- Extra: 1/2 tsp (1 tsp)

- 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.

2



Cook turkey

🔄 Swap | Ground Pork

🔄 Swap | Protein Shreds

- Heat a large non-stick pan over medium-high.
- 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**.

3



Prep

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

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.

5



Make salad

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

6



Finish and serve

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

2 | Cook pork

🔄 Swap | Ground Pork

If you've opted to get **pork**, cook it in the same way the recipe instructs you to cook the **turkey****

2 | Cook protein shreds

🔄 Swap | Protein Shreds

If you've opted to get **protein shreds**, cook and plate them the same way the recipe instructs you took and plate the **turkey****

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

