

HELLO Smart Korean-Inspired Turkey Salad

with Creamy Sesame Dressing

Smart Meal

Spicy

20 Minutes





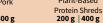




2 Double

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 🎥











Ground Turkey 250 g | 500 g

2 tbsp | 4 tbsp







1 tbsp | 2 tbsp

1 tbsp | 2 tbsp





2 tbsp | 4 tbsp









1 tbsp | 2 tbsp

Baby Spinach 113 g | 226 g

3 | 6



Sweet Bell Pepper



1 | 2



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



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, ½ 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 ½ tbsp (3 tbsp) dressing in a small bowl for use in step 6.



Cook turkey

🗘 Swap | Ground Pork

O 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**.



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



2 | Cook protein shreds

O Swap | Ground Pork

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

Measurements

2 | Cook pork

within steps

the turkey.**

O 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.**

1 tbsp

(2 tbsp)

oil



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.



Make salad

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



Finish and serve

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

