



# Smart Korean-Inspired Turkey Salad

## with Creamy Sesame Dressing

Carb Smart

Calorie Smart

Spicy

20 Minutes

↗ Custom Recipe

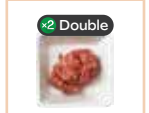
+ Add

↻ 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)



Double Ground Turkey  
500g | 1000g



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: ⅓ tsp (¼ tsp) mild, ¼ (½ tsp) tsp medium and ½ tsp (1 tsp) extra!

- 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 ¼ tsp [½ tsp] sugar for a more balanced dressing.)
- Reserve **1 ½ 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.
- 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 ¼-inch slices.
- Thinly slice **radishes**.

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.