



# Smart Turkey Taco Plate

with Lime-Ranch Dressing and Guac

Carb Smart

Calorie Smart

30 Minutes



Ground Turkey



Spring Mix



Guacamole



Tex-Mex Paste



Ranch Dressing



Lime



Roma Tomato



Green Onion



Feta Cheese, crumbled



Bulgur Wheat



Garlic Salt

HELLO GROUND TURKEY

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

## Start here

Before starting, wash and dry all produce.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

Medium bowl, measuring spoons, zester, medium pot, small bowl, measuring cups, whisk, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Spring Mix	28 g	56 g
Guacamole	3 tbsp	6 tbsp
Tex-Mex Paste	1 tbsp	2 tbsp
Ranch Dressing	2 tbsp	4 tbsp
Lime	1	2
Roma Tomato	95 g	190 g
Green Onion	2	4
Feta Cheese, crumbled	¼ cup	½ cup
Bulgur Wheat	½ cup	1 cup
Garlic Salt	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

## 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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### Cook bulgur

- Add **¾ cup** (1 cup) **water** and **½ 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 **bulgur** with a fork.



### 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 bowl with **lime dressing**.
- Toss to combine.
- Season with **a pinch of remaining garlic salt** and **pepper**, to taste.



### Prep

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



### Finish and serve

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

## Dinner Solved!



### Cook 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.