



# Smart Turkey Taco Plate

with Lime-Ranch Dressing

Carb Smart

Calorie Smart

Quick

25 Minutes

\*2 Double



Ground Turkey  
500 g | 1000 g

↗ 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)



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

**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.

Pantry items | Oil, salt, pepper

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

1



### Cook bulgur

• Before starting, wash and dry all produce.

- Add  $\frac{3}{4}$  cup (1 cup) **water** and  $\frac{1}{8}$  tsp ( $\frac{1}{4}$  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  $\frac{1}{2}$ -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  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **turkey**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 3-4 min.\*\*
- Season with  $\frac{1}{4}$  **tsp** ( $\frac{1}{2}$  **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  $\frac{1}{2}$  **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**.

Measurements  
within steps

1 **tbsp** (2 **tbsp**) **oil**  
2 person 4 person Ingredient

### 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.



Issue with your meal? Scan the QR code to share your feedback.

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