

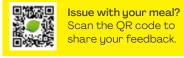
Smart Turkey Taco Plates

with Lime-Ranch Dressing and Guac

Smart Meal

Quick

25 Minutes



























Tomato



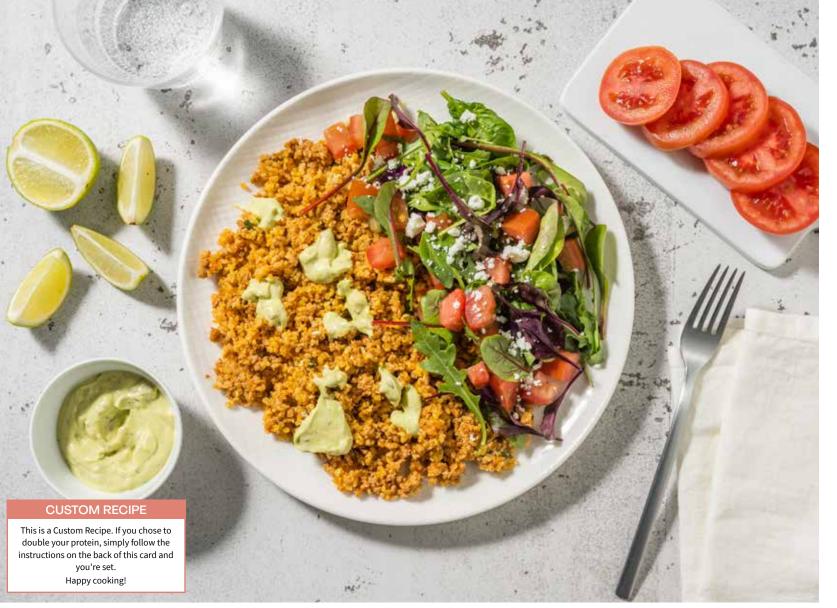
Bulgur Wheat

Green Onion

crumbled



Garlic Salt



Start here

Before starting, wash and dry all produce.

Measurements, 1 tbsp., (2 tbsp), within steps

Ingredient

Bust out

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

Inaredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Double Ground Turkey	500 g	1000 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	⅓ 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.



Cook bulgur

- Add 3/3 cup (1 cup) water and 1/8 tsp (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 bulgur with a fork.



Prep

- · Meanwhile, zest, then juice lime.
- Cut tomato into ½-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.



- · Heat a large non-stick pan over mediumhigh 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 1/4 tsp (1/2 tsp) garlic salt and pepper.
- Add Tex-Mex paste and half the green onions. Cook, stirring often, until fragrant, 1-2 min.

If you've opted for **double ground turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of** ground turkey. Work in batches, if necessary.



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.



Finish and serve

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

Dinner Solved!