



Smart Turkey Taco Plates

with Lime-Ranch Dressing and Guac

Smart Meal

Quick

25 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

- Ground Turkey
- Double Ground Turkey
- Spring Mix
- Guacamole
- Tex-Mex Paste
- Ranch Dressing
- Lime
- 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
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	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.



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1



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.

4



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.

2



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.

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**.

Dinner Solved!

3



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.

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.