



CAJUN TURKEY CHOPPED SALAD

with Red Potatoes in a Tangy Dressing

PRONTO



HELLO CHOPPED SALAD

Named for its prep technique, all the ingredients in this salad are chopped into bite-sized pieces

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 430



Turkey Scallopine



Green Beans, trimmed



Baby Red Potatoes



Cajun Seasoning



Dijon Mustard



Shallot



Cherry Tomatoes



Sour Cream



White Wine Vinegar



Spring Mix

BUST OUT

- Large Non-Stick Pan
- Small Bowl
- Medium Bowl
- Strainer
- Measuring Spoons
- Sugar (½ tsp | 1 tsp)
- Medium Pot
- Salt and Pepper
- Whisk
- Olive or Canola oil
- Paper Towel

INGREDIENTS

2-person | 4-person

- Turkey Scallopine 340 g | 680 g
- Green Beans, trimmed 170 g | 340 g
- Baby Red Potatoes 340 g | 680 g
- Cajun Seasoning 1 tbsp | 2 tbsp
- Dijon Mustard 6,9 1¼ tsp | 2½ tsp
- Shallot 25 g | 25 g
- Cherry Tomatoes 113 g | 227 g
- Sour Cream 2 3 tbsp | 6 tbsp
- White Wine Vinegar 9 1 tbsp | 2 tbsp
- Spring Mix 56 g | 113 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Adding finely chopped raw shallots to the dressing will add some spicy heat. If you want to tone down the spiciness a notch, simply add a little less than what we call for.



1 PREP

Wash and dry all produce.* Peel and finely chop **1 tbsp shallot** (double for 4 ppl). Halve the **tomatoes**. Cut the **green beans** into 1-inch pieces. Cut the **potatoes** in half or in quarters if they are larger.



4 COOK TURKEY

Pat the **turkey** dry with paper towels, then sprinkle both sides with the **Cajun seasoning**. Season with **salt and pepper**. Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the turkey. Cook until golden-brown and cooked through, 3-5 min per side. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**)



2 BOIL POTATOES

In a medium pot, combine the **potatoes** with enough **salted water** to cover (approximately 1-2 inches). Bring to a boil over high heat. Cook until the potatoes are fork-tender, 10-12 min.



5 ASSEMBLE

When the **potatoes** are fork-tender, add the **green beans** to the pot. Boil until the beans are tender-crisp, 1-2 min. Drain and add the potatoes and green beans to the medium bowl with the **dressing**. Stir to coat veggies in the dressing. Season with **salt and pepper**.



3 MAKE DRESSING

Meanwhile, in a medium bowl, whisk together the **sour cream**, **mustard**, **1 tbsp vinegar** (double for 4 ppl) and **½ tsp sugar** (double for 4 ppl). Stir in the **shallot**. Season with **salt and pepper**. Reserve **half the dressing** into a small bowl and set both aside.



6 FINISH AND SERVE

Thinly slice the **turkey**. Divide the **spring mix** between plates. In single rows, top with the **potato mixture**, turkey and **tomatoes**. Drizzle over as much of the **reserved dressing** as you like.

PACK IT UP!

Any leftover salad will make a great lunch the next day!

