



Cal Smart Turkey Salad

with Creamy Dressing and Feta

Calorie Smart

Quick

25 Minutes



Turkey Breast Portions



Roma Tomato



Gala Apple



White Wine Vinegar



Mayonnaise



Feta Cheese, crumbled



Seasoned Salt



Baby Spinach



Carrot, julienned

HELLO 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.

Bust out

Measuring spoons, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Roma Tomato	80 g	160 g
Gala Apple	1	2
White Wine Vinegar	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Seasoned Salt	½ tbsp	1 tbsp
Baby Spinach	113 g	227 g
Carrot, julienned	56 g	113 g
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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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hello@hellofresh.ca

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1 Prep turkey

- Pat **turkey** dry with paper towels.
- Sprinkle **half the seasoned salt** over **turkey** (all for 4 ppl), then season with **pepper**.



2 Cook turkey

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **turkey**. Cook until golden-brown and cooked through, 3-5 min per side.**
- Transfer **turkey** to a clean cutting board to rest for 2-3 min.



3 Prep

- Cut **tomato** into ¼-inch pieces.
- Core, then cut **apple** into ¼-inch slices.



4 Make dressing

- Whisk together **mayo**, **vinegar**, **1 tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl.



5 Toss salad

- Add **baby spinach**, **apples**, **tomatoes** and **carrots** to the bowl with **dressing**.
- Season with **salt** and **pepper**, to taste, then toss to combine.



6 Finish and serve

- Thinly slice **turkey**.
- Divide **salad** between plates. Top **salad** with **turkey**.
- Sprinkle **feta** over top.

Dinner Solved!