



Carb Smart Soy-Marinated Turkey

with Sesame Dressed Greens

Carb Smart

25 Minutes



Turkey Scallopini



Soy Sauce



Sesame Oil



Sweet Bell Pepper



Spring Mix



Snow Peas



Peanuts, chopped



Mayonnaise



Carrot, julienned

HELLO PEANUTS

These groundnuts are actually legumes!

Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Bust out

2 baking sheets, medium bowl, aluminum foil, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Scallopini	340 g	680 g
Soy Sauce	2 tbsp	4 tbsp
Sesame Oil	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Spring Mix	113 g	227 g
Snow Peas	56 g	112 g
Peanuts, chopped	28 g	56 g
Mayonnaise	2 tbsp	4 tbsp
Carrot, julienned	56 g	113 g
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 our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Prep

Trim, then thinly slice **snow peas**. Core, then cut **pepper** into ½-inch pieces. Pat **turkey** dry with paper towels.



Cook turkey

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **turkey**. Sear, until golden-brown, 1-2 min per side. Remove pan from heat, then transfer **turkey** to a foil-lined baking sheet. Broil **turkey** in the **middle** of the oven, until cooked through, 6-8 min.**



Marinate turkey

Add **half the soy sauce** and **half the sesame oil** to a medium bowl. Add **turkey**, season with **pepper**, then toss to coat. Set aside.



Broil peppers

While **turkey** broils, add **peppers** and **1 tbsp oil** to another foil-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Broil **peppers** in the **top** of the oven, until tender and dark golden-brown, 4-5 min.



Mix dressing

Whisk together **mayo**, **remaining soy sauce** and **remaining sesame oil** in a large bowl. Season with **pepper**. Set aside.



Finish and serve

Add **spring mix**, **carrots** and **snow peas** to the large bowl with the **dressing**, then toss to coat. Slice **turkey**. Divide **salad** between plates. Top with **peppers** and **turkey**. Sprinkle **peanuts** over top.

Dinner Solved!