



Carb Smart Turkey Salad

with DIY Ranch Dressing

Carb Smart

Optional Spice

25 Minutes



Turkey Breast Portions



Mini Cucumber



Celery



Chives



Hot Sauce



White Wine Vinegar



BBQ Seasoning



Spring Mix



Mayonnaise



Sour Cream

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, plastic wrap, rolling pin, large bowl, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Mini Cucumber	132 g	264 g
Celery	3	6
Chives	7 g	14 g
Hot Sauce 🌶️	3 tsp	6 tsp
White Wine Vinegar	1 tbsp	2 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Spring Mix	113 g	227 g
Mayonnaise	2 tbsp	4 tbsp
Sour Cream	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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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1



Prep and marinate veggies

Thinly slice **celery**. Thinly slice **cucumbers**. Thinly slice **chives**. Add **2 tsp vinegar** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Add **celery** and **cucumbers**, then toss to coat. Set aside.

4



Make DIY ranch

While **turkey** cooks, add **sour cream**, **mayo**, **half the chives**, **remaining vinegar** and **½ tbsp water** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.

2



Prep turkey

Pat **turkey** dry with paper towels. Place each piece of **turkey** on a cutting board and cover with plastic wrap. Using a rolling pin or heavy-bottomed pan, pound each piece of **turkey** until ½-inch thick. Season with **salt** and **BBQ seasoning**.

5



Finish and serve

Thinly slice **turkey**. Add **spring mix** to the large bowl with **veggies**, then toss to combine. Divide **salad** between plates. Top with **turkey** and **as much hot sauce** as desired. Drizzle **DIY ranch** and sprinkle **remaining chives** over top.

3



Cook turkey

Heat a large non-stick pan over medium heat. Add **1 tbsp oil**, then **turkey**. Cook, reducing heat to medium-low if **turkey** is browning too quickly until golden-brown all over and cooked through, 4-5 min per side. ** (**NOTE:** Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 tbsp oil for each batch!) Transfer to a plate.

Dinner Solved!