



Louisiana Sunburst Salad

with Cajun Turkey

Calorie Smart

25 Minutes



Turkey Scallopini



Cajun Spice Blend



Spring Mix



Dried Cranberries



Red Wine Vinegar



Honey



Hot Sauce



Almonds, sliced



Feta Cheese,
crumbled



Mini Cucumber

HELLO HONEY

A naturally sweet ingredient that's a great sugar alternative!

Start here

- Before starting, wash and dry all produce.

Heat Guide for Step 4:

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp
- Extra-spicy: 2 tsp

Bust Out

Tongs, large bowl, large non-stick pan, paper towels, measuring spoons

Ingredients

	2 Person	4 Person
Turkey Scallopini	340 g	680 g
Cajun Spice Blend 🌶️	1 tbsp	2 tbsp
Spring Mix	113 g	227 g
Dried Cranberries	¼ cup	½ cup
Red Wine Vinegar	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Hot Sauce 🌶️	½ tbsp	1 tbsp
Almonds, sliced	28 g	56 g
Feta Cheese, crumbled	¼ cup	½ cup
Mini Cucumber	132 g	264 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.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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1



Toast nuts

Heat a large non-stick pan over medium-high heat. When hot, add **almonds** to the dry pan. Toast, stirring, until golden, 2-3 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate. While **almonds** toast, pat **turkey** dry with paper towels. Season with **Cajun Spice Blend**, **salt** and **pepper**.

2



Cook turkey

Heat the same non-stick pan over medium-high. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **turkey**. Cook until golden-brown all over and cooked through, 8-10 min.** Transfer to a plate and set aside to cool slightly.

3



Start salad

Add **2 tbsp warm water** (dbl for 4 ppl) to a large bowl. Stir in **dried cranberries**, **honey**, **vinegar**, **1 tbsp oil** (dbl for 4 ppl) and **½ tbsp hot sauce** (**NOTE:** Reference Heat Guide). Thinly slice **cucumber**.

4



Mix salad

Add **spring mix** and **cucumbers** to the bowl with the **dressing**. Season with **salt** and **pepper**, then toss to combine.

5



Finish and serve

Thinly slice **turkey**. Divide **salad** between plates. Sprinkle **feta** and **almonds** over top. Top with **sliced turkey**.

Dinner Solved!