



Smart Korean-Inspired Turkey Salad

with Creamy Sesame Dressing

Smart Meal

Spicy

20 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Ground Beef
250 g | 500 g

Swap



Beyond Meat
2 | 4



Ground Turkey
250 g | 500 g



Gochujang
2 tbsp | 4 tbsp



Soy Sauce
1 tbsp | 2 tbsp



Sesame Oil
1 tbsp | 2 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Garlic, cloves
1 | 2



Rice Vinegar
1 tbsp | 2 tbsp



Baby Spinach
113 g | 226 g



Sweet Bell Pepper
1 | 2



Radish
3 | 6



Carrot, julienned
56 g | 113 g



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.

1



Make dressing

- Before starting, wash and dry all produce.
- **Garlic Guide for Step 1:**
 - Mild: ½ tsp (¼ tsp)
 - Medium: ¼ tsp (½ tsp)
 - Extra: ½ tsp (1 tsp)

- Peel, then mince or grate **garlic**.
- Add **mayo**, **vinegar**, **half the sesame oil**, **half the gochujang**, ½ tsp (1 tsp) **soy sauce** and **half the garlic** to a large bowl. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, then whisk to combine. (**TIP:** Add ¼ tsp [½ tsp] sugar for a milder dressing.)
- Reserve **1 ½ tbsp** (3 tbsp) **dressing** in a small bowl for use in step 6. Reserve **1 ½ tbsp** (3 tbsp) **dressing** in a small bowl for use in step 6.

4



Finish turkey

- Add **remaining gochujang**, **remaining soy sauce** and **remaining garlic** to the pan with **turkey**, then stir to coat.
- Season with **salt** and **pepper**.
- Cook, stirring occasionally, until **turkey** starts to brown, 3-5 min.
- Remove from heat.

2



Cook turkey

- ◻ Swap | **Beyond Meat®**
- ◻ Swap | **Ground Beef**

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **remaining sesame oil**, then **turkey**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. ****** Season with **pepper**.

3



Prep

- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Thinly slice **radishes**.

5



Make salad

- Add **spinach**, **carrots**, **peppers** and **radishes** to the large bowl with **dressing**. Toss to coat.

6



Finish and serve

- Divide **salad** between plates. Top with turkey.
- Drizzle **reserved creamy sesame dressing** over top.

Measurements within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Cook Beyond Meat®

◻ Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare, cook and plate it the same way as the recipe instructs you to prepare, cook and plate the **turkey**, until cooked through, 5-6 min. ******

2 | Cook beef

◻ Swap | **Ground Beef**

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **turkey**, then carefully drain and discard excess fat. ****** Season with **salt** and **pepper**.



Issue with your meal? Scan the QR code to share your feedback.