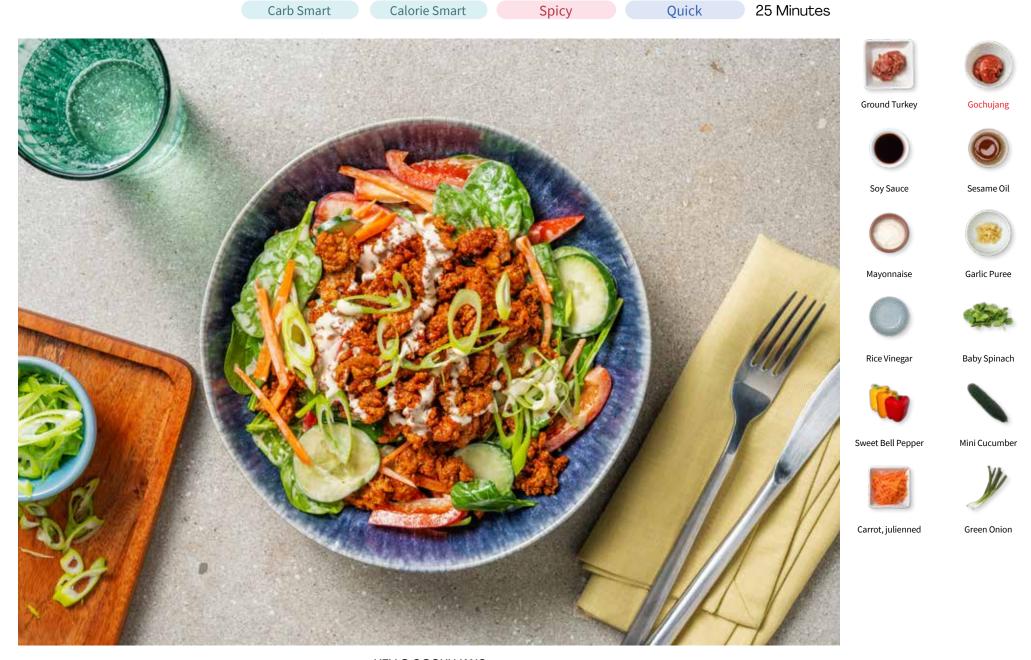


Smart Korean-Inspired Turkey Salad

with Gochujang-Sesame Dressing



HELLO GOCHUJANG

 This fermented Korean chili paste has distinctive savoury, sweet and spicy notes!

Start here

Before starting, wash and dry all produce.

Garlic Guide for Step 1 (dbl for 4 ppl):• Mild: ½ tsp• Medium: ¼ tsp• Extra: ½ tsp

Bust out

Measuring spoons, large bowl, small bowl, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
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 Puree	1 tbsp	2 tbsp
Rice Vinegar	1 tbsp	2 tbsp
Baby Spinach	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Mini Cucumber	132 g	264 g
Carrot, julienned	56 g	113 g
Green Onion	1	2
Salt and Pepper*		

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

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.

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Make dressing

• Add mayo, vinegar, half the sesame oil, half the gochujang, ½ tsp soy sauce (dbl for 4 ppl) and ½ tsp garlic puree to a large bowl. (NOTE: Reference garlic guide.) Season with salt and pepper, to taste, then whisk to combine.

• Reserve **1** ½ **tbsp dressing** (dbl for 4 ppl) in a small bowl for use in step 6.



Cook turkey

• Heat a large non-stick pan over mediumhigh heat.

 When hot, add remaining sesame oil, then turkey. Cook, breaking up turkey into smaller pieces, until no pink remains,
 4-5 min.** Season with pepper.



Prep

- Meanwhile, core, then cut **pepper** into 1/4-inch slices.
- Cut **cucumbers** into 1/4-inch rounds.
- Thinly slice green onion.



Finish turkey

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

• Remove the pan from heat.



Make salad

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



Finish and serve

- Divide **salad** between plates. Top with **turkey**.
- Drizzle reserved dressing over top.
- Sprinkle with green onions.

Dinner Solved!