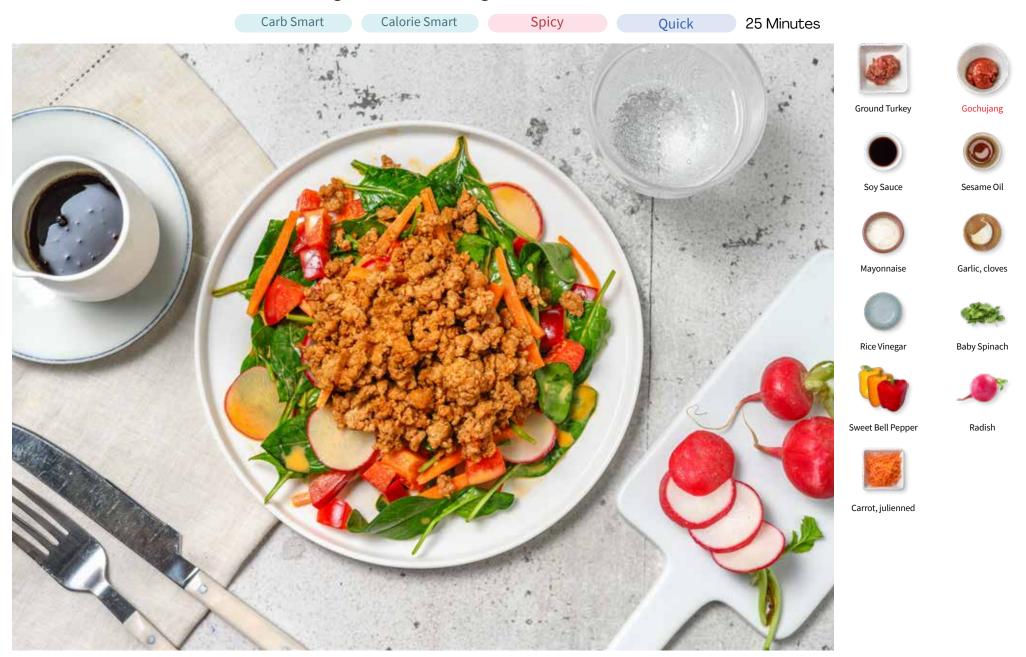


# Smart Korean-Inspired Turkey Salad

with Creamy Sesame Dressing



## Start here

Before starting, wash and dry all produce.

#### Garlic Guide for Step 1 (dbl for 4 ppl):

• Mild: 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, cloves	1	2
Rice Vinegar	1 tbsp	2 tbsp
Baby Spinach	113 g	226 g
Sweet Bell Pepper	160 g	320 g
Radish	4	8
Carrot, julienned	56 g	113 g
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.



#### Make dressing

• Peel, then mince or grate **garlic**.

• Add mayo, vinegar, half the sesame oil, half the gochujang, ½ tsp soy sauce (dbl for 4 ppl) and half the garlic to a large bowl. (NOTE: Reference garlic guide.) Season with salt and pepper, to taste, then whisk to combine. (TIP: Add ¼ tsp sugar [dbl for 4 ppl] for a more balanced dressing.)

• 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 ¼-inch slices.

• Thinly slice radishes.



#### 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**, 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 **radishes** to the large bowl with **dressing**. Toss to coat.



#### Finish and serve

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

# **Dinner Solved!**