



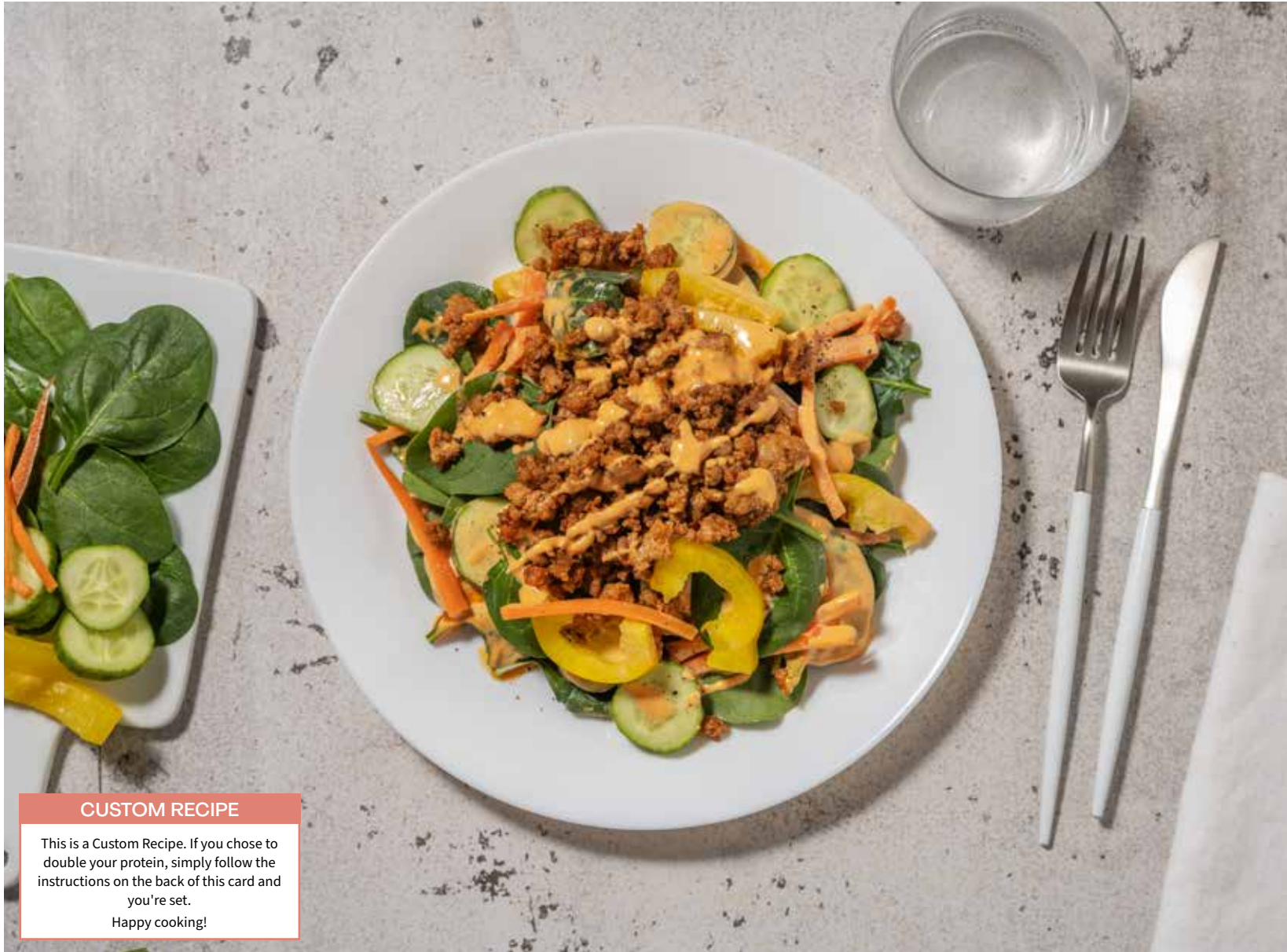
Smart Korean-Inspired Turkey Salad

with Creamy Sesame Dressing

Calorie Smart Carb Smart **Spicy** Quick 25 Minutes



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- Ground Turkey
- Double Ground Turkey
- Gochujang
- Soy Sauce
- Sesame Oil
- Mayonnaise
- Garlic, cloves
- Rice Vinegar
- Baby Spinach
- Sweet Bell Pepper
- Mini Cucumber
- Carrot, julienned

CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

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

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

Garlic Guide for Step 1:

- Mild: ¼ tsp (¼ tsp)
- Medium: ½ tsp (½ tsp)
- Extra: ½ tsp (1 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
Double Ground Turkey	500 g	1000 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
Mini Cucumber	66 g	132 g
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.

1



Make dressing

- 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**, to taste, then whisk to combine. (TIP: Add ¼ tsp [½ tsp] sugar for a more balanced dressing.)
- 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**, to taste. Cook, stirring occasionally, until **turkey** starts to brown, 3-5 min.
- Remove from heat.

2



Cook turkey

- Heat a large non-stick pan over medium-high 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**.

If you've opted for **double turkey**, cook it in the same way the recipe instructs you to cook the regular portion of **turkey**. Work in batches, if necessary.

5



Make salad

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

3



Prep

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

6



Finish and serve

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

Dinner Solved!



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