



Smart Louisiana Sunburst Salad

with Cajun Turkey

Carb Smart

Calorie Smart

Optional Spice

Quick

25 Minutes



Turkey Breast Portions



Cajun Spice Blend



Baby Spinach



Dried Cranberries



Red Wine Vinegar



Honey



Hot Sauce



Almonds, sliced



Feta Cheese, crumbled



Roma Tomato



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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 (dbl for 4 ppl):

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

Bust out

Measuring spoons, plastic wrap, rolling pin, large bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Cajun Spice Blend 🍷	1 tbsp	2 tbsp
Baby Spinach	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
Roma Tomato	80 g	160 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 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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Toast nuts

- Heat a large non-stick pan over medium-high heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on almonds so they don't burn!)
- Transfer to a plate.



Make dressing and prep

- Meanwhile, add **2 tbsp warm water** (dbl for 4 ppl) to a large bowl.
- Stir in **dried cranberries, honey, vinegar, 1 tsp oil** (dbl for 4 ppl) and **½ tbsp hot sauce**. (**NOTE:** Reference heat guide.)
- Cut **tomato** into ¼-inch pieces.



Prep turkey

- Meanwhile, pat **turkey** dry with paper towels.
- Cover **each turkey piece** with plastic wrap. Using a mallet, rolling pin or heavy-bottomed pan, carefully pound **each piece** until ½-inch thick.
- Season with **Cajun Spice Blend, salt and pepper**.



Toss salad

- Add **spinach** and **tomatoes** to the bowl with **dressing**.
- Season with **salt** and **pepper**, then toss to combine.



Cook turkey

- Heat the same pan (from step 1) over medium.
- 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.



Finish and serve

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

Dinner Solved!