

HELLO Smart Turkey Crunch Salad

with Peanuts and Edamame

2 Double

Smart Meal

🚫 Swap

20 Minutes





Ground Pork 250 g | 500 g





Ground Turkey

250 g | 500 g



Coleslaw

Cabbage Mix 170 g | 340 g





Pepper 1 | 2

28 g | 56 g

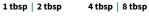




Rice Vinegar

Soy Sauce Mirin Blend







Edamame 56 g | 113 g



Spicy Mayo 2 tbsp | 4 tbsp



Peanuts, Chopped 28 g | 56 g



Green Onion

1 | 2



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 🎥

Allengens 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. Cooking utensils | Measuring spoons, large bowl, whisk, large non-stick pan



Prep

- · Before starting, wash and dry all produce.
- Core, then thinly slice **pepper**.
- Thinly slice green onion.



Make slaw

- Add vinegar and 1 tsp (2 tsp) oil to a large bowl. Season with salt and pepper, then whisk to combine.
- Add peppers, coleslaw cabbage mix and half the green onions, then toss to coat.



Cook turkey

Swap | Ground Pork

🔘 Swap | Beyond Meat®

- Heat a large non-stick pan over medium-high
- When the pan is hot, add 1 tsp (2 tsp) oil, then **turkey**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**



3 | Cook Beyond Meat®

Swap | Ground Pork

If you've opted to get pork, cook it in the same way the recipe instructs you to cook the

Measurements

3 | Cook pork

within steps

turkey.**

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.**

1 tbsp

(2 tbsp)

oil



Glaze turkey and edamame

- Add edamame and soy sauce mirin blend to the pan with turkey.
- Cook, stirring often, until sauce is absorbed, 5-6 min. (TIP: If you prefer a lighter glaze, add water, 1-2 tbsp at a time, until your desired consistency is reached.)



Finish and serve

- Divide slaw between plates.
- Top with turkey and edamame.
- Drizzle with spicy mayo, then sprinkle crispy shallots, peanuts and remaining green onions over top.

