



# Smart Turkey Salad

with Caper-Chive Cream and Seed Blend

Calorie Smart

Carb Smart

Quick

25 Minutes



Turkey Breast Portions



Arugula and Spinach Mix



Capers



Lemon



Garlic Powder



Chives



Roma Tomato



Sour Cream



Parmesan Cheese, shredded



Carrot, julienned



Seed Blend

## HELLO CAPERS

*Small but powerful capers add a bold, briny and salty flavour to this dish!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, zester, large bowl, small bowl, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Arugula and Spinach Mix	113 g	227 g
Capers	7 ½ g	15 g
Lemon	½	1
Garlic Powder	1 tsp	2 tsp
Chives	7 g	14 g
Roma Tomato	160 g	320 g
Sour Cream	3 tbsp	6 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Carrot, julienned	56 g	113 g
Seed Blend	28 g	56 g
Sugar*	⅛ tsp	¼ tsp
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.*

## Contact

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### Cook turkey

Reserve **¼ tsp garlic powder** (dbl for 4 ppl) in a small bowl. Heat a large non-stick pan over medium-high heat. While the pan heats, pat **turkey** dry with paper towels. Season with **remaining garlic powder, salt and pepper**. When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **turkey**. Cook until golden-brown, 1-2 min per side. Transfer **turkey** to an unlined baking sheet. Bake in the **middle** of the oven until cooked through, 8-10 min.\*\*



### Make salad

Add **remaining lemon juice, 1 ½ tbsp oil** and **a pinch of sugar** (dbl both for 4 ppl) to a large bowl. Season with **salt and pepper**, to taste, then whisk to combine. Add **tomatoes, carrots, arugula and spinach mix** and **half the Parmesan**, then toss to combine.



### Prep

Meanwhile, cut **tomatoes** into ½-inch pieces. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Drain **2 tsp capers** (dbl for 4 ppl) on paper towels, pat dry, then finely chop. Thinly slice **chives**.



### Finish turkey

Thinly slice **turkey**.



### Make caper-chive cream

Add **sour cream, capers, half the chives, lemon zest, ½ tsp lemon juice** and **1 ½ tbsp water** (dbl both for 4 ppl) to the small bowl with **reserved garlic powder**. Season with **salt and pepper**, to taste, then stir to combine.



### Finish and serve

Divide **salad** between plates. Sprinkle **remaining Parmesan** over **salad**. Arrange **turkey** on top. Drizzle **caper-chive cream** over **turkey**. Sprinkle **seed blend** and **remaining chives** over top.

## Dinner Solved!