



# Spiced Turkey

with Chopped Salad and Hummus Dressing

Carb Smart

25 Minutes



Turkey Scallopini



Turkish Spice Blend



Baby Kale



Roma Tomato



Mini Cucumber



Sweet Bell Pepper



Za'atar Spice



Hummus



Mayonnaise



Lemon

## HELLO TURKISH SPICE BLEND

*A blend of robust herbs and spices to wake up your taste buds!*

## Start here

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

## Bust out

Baking sheet, medium bowl, microplane/zester, measuring spoons, large bowl, parchment paper, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Turkey Scallopini	340 g	680 g
Turkish Spice Blend	1 tbsp	2 tbsp
Baby Kale	113 g	226 g
Roma Tomato	160 g	320 g
Mini Cucumber	132 g	264 g
Sweet Bell Pepper	160 g	320 g
Za'atar Spice	1 tbsp	2 tbsp
Hummus	57 g	114 g
Mayonnaise	4 tbsp	8 tbsp
Lemon	1	2
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 our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

## Contact

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### Prep turkey

Pat **turkey** dry with paper towels. Season with **Turkish Spice Blend**, **salt** and **pepper**.



### Cook turkey

Heat a large non-stick pan over medium-high heat. When hot, add  $\frac{1}{2}$  **tbsp oil** (double for 4 ppl), then **turkey**. Cook, until golden-brown, 1-2 min per side. Transfer **turkey** to parchment-lined baking sheet. Roast in the **middle** of oven, until fully cooked, 6-8 min.



### Prep veggies

While the **turkey** roasts, cut **tomatoes** into  $\frac{1}{4}$ -inch pieces. Halve **cucumbers** lengthwise, then cut into  $\frac{1}{4}$ -inch half-moons. Core, then cut **pepper** into  $\frac{1}{4}$ -inch slices. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.



### Make salad

Massage **kale** with  $\frac{1}{2}$  **tbsp oil** (dbl for 4 ppl) and **lemon zest** in a large bowl. Add **tomato**, **cucumber**, **peppers** and **Za'atar Spice**, then toss to coat. Season with **salt** and **pepper**.



### Make dressing

Stir together the **hummus**, **mayonnaise**, **lemon juice**,  $1 \frac{1}{2}$  **tbsp water** and **1 tbsp oil** (dbl both for 4 ppl) in a medium bowl. Season with **salt** and **pepper**. Set aside.



### Finish and serve

Slice **turkey**. Divide **salad** between plates. Top with **sliced turkey**, then drizzle **hummus dressing** over top. Squeeze over a **lemon wedge**, if desired.

## Dinner Solved!