



# TURKEY CHOPPED SALAD

with Yellow Potatoes in a Tangy Dressing

FAMILY



## HELLO CHOPPED SALAD

Named for its prep technique, all the ingredients in this salad are chopped into bite-sized pieces

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 408



Turkey Scallopine



Green Beans, trimmed



Yellow Potato



Dijon Mustard



Shallot



Cherry Tomatoes



Sour Cream



White Wine Vinegar



Spring Mix



Cajun Seasoning

## BUST OUT

- Large Non-Stick Pan
- Paper Towel
- Medium Bowl
- Strainer
- Measuring Spoons
- Sugar (1 tsp)
- Medium Pot
- Salt and Pepper
- Whisk
- Olive or Canola oil
- Small Bowl

## INGREDIENTS

4-person

- Turkey Scallopine 680 g
- Green Beans, trimmed 340 g
- Yellow Potato 680 g
- Dijon Mustard 6,9 1¼ tsp
- Shallot 50 g
- Cherry Tomatoes 227 g
- Sour Cream 2 6 tbsp
- White Wine Vinegar 9 2 tbsp
- Spring Mix 113 g
- Cajun Seasoning 1 tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 74°C/165°F.



## START STRONG

Adding finely chopped raw shallots to the dressing will add a bit of spicy heat. If you want to tone down the heat a notch, simply add a little less than what we call for.



**1 PREP** Wash and dry all produce.\* Peel and finely chop **2 tbsp shallot**. Halve the **tomatoes**. Cut the **green beans** into 1-inch pieces. Cut the **potatoes** into ½-inch pieces.



**4 COOK TURKEY** Pat the **turkey** dry with paper towels, then sprinkle with the **Cajun seasoning**. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the turkey. Cook until golden-brown and cooked through, 3-5 min per side. (**TIP:** Cook to a minimum internal temp. of 74°C/165°F, as size may vary.\*\*\*) (**NOTE:** Cook the turkey in batches.)



**2 BOIL POTATOES** In a medium pot, combine the **potatoes** with enough **salted water** to cover (approximately 1-2 inches). Bring to a boil over high heat. Cook until the potatoes are fork-tender, 10-12 min.



**5 ASSEMBLE** When the **potatoes** are fork-tender, add the **green beans**. Boil until the beans are tender-crisp, 1-2 min, then drain. Add the potatoes and green beans into the medium bowl with the **dressing**. Toss together. Season with **salt** and **pepper**.



**3 MAKE DRESSING** Meanwhile, in a medium bowl, whisk together the **sour cream**, **mustard**, **vinegar** and **1 tsp sugar**. Stir in the **shallots**. Season with **salt** and **pepper**. Reserve **half the dressing** in a small bowl. Set both aside.



**6 FINISH AND SERVE** Thinly slice the **turkey**. Divide the **spring mix** between plates. Top with the **potato mixture**, **tomatoes** and turkey. Drizzle over as much of the **reserved dressing** as you like.

## PACK IT UP!

Any leftover salad will make a great lunch the next day!