



Turkey Taco Salad

with Lime Crema

Carb Smart

25 Minutes



Ground Turkey



Mexican Seasoning



Lime



Sour Cream



Spring Mix



Baby Tomatoes



Black Beans



Green Onions



Garlic



Mini Cucumber

HELLO MINCED TURKEY

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

Before starting, wash and dry all produce.

Bust Out

Microplane/zester, strainer, large bowl, small bowl, measuring cups, large non-stick pan, measuring spoons

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Mexican Seasoning	1 tbsp	2 tbsp
Lime	1	2
Sour Cream	3 tbsp	6 tbsp
Spring Mix	113 g	227 g
Baby Tomatoes	113 g	227 g
Black Beans	370 ml	740 ml
Green Onions	2	4
Garlic	6 g	12 g
Mini Cucumber	132 g	264 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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.

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1



Prep

Drain and rinse **black beans**. Zest and juice **lime**. Peel, then mince or grate **garlic**. Halve **tomatoes**. Thinly slice **green onions**. Thinly slice **cucumber**.

2



Cook turkey

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **garlic**, **turkey** and **black beans**. Season with **Mexican Seasoning**, **salt** and **pepper**. Stir in **¼ cup water** (dbl for 4 ppl). Cook, breaking up **turkey** into smaller pieces until no longer pink, 4-5 min.**

3



Make lime crema

While **turkey** cooks, combine **lime zest** and **sour cream** in a small bowl. Season with **salt** and **pepper**.

4



Make salad

Combine **lime juice** and **1 tbsp oil** (dbl for 4 ppl) in a large bowl. Add **spring mix**, **tomatoes** and **cucumbers**. Season with **salt** and **pepper**, then toss to coat.

5



Finish and serve

Divide **salad** between plates. Top **salad** with **turkey-black bean mixture**. Dollop with **lime crema**, then sprinkle **green onions** over top.

Dinner Solved!