



NUTRITION *per serving* 35g carbohydrates 45g fat 63g protein 1182mg sodium | low-calorie, low-carb, gluten-free, shellfish-free, nut-free

 Calories
620

 Prep & Cook Time
25-35 min.

 Cook Within
5 days

 Difficulty
Easy

 Spice Level
Medium

FAMILY MEAL

Tex-Mex Turkey Taco Salad

with corn, avocado, pickled onions, and sour cream

IN YOUR BOX

- 2 Romaine Hearts
- 1 Red Onion
- 8 oz. Grape Tomatoes
- 8 Cilantro Sprigs
- 4 oz. Frozen Corn Kernels
- 1 Lime
- 24 oz. Ground Turkey
- 6 Tbsp. Taco Seasoning
- 2 Avocados
- 3 oz. Chipotle Ranch Dressing
- 4 oz. Sour Cream

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- 2 Mixing Bowls
- Large Non-Stick Pan

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- Salt refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Garnish with **pickled red onion** to taste to keep elements balanced.
- **Spice alert!** Chipotle ranch dressing is subtly tinged with heat from smoked jalapeños. Use to taste.

FROM THE CHEF

Ripen hard avocados in 1-2 days by closing them in a paper bag alone or with a banana, apple, or tomato.

Did you know...

Taco seasoning gets its bold flavor from smoky spices like paprika, chile powder, onion, and cumin.



1 Prepare the Ingredients

Hold **romaine heads** at root end and cut into thin shreds. Peel **onion** and slice into thin rounds. Halve **grape tomatoes**. Stem **cilantro**. Rinse **corn kernels** under warm water if still frozen. Halve and juice **lime**.



2 Pickle the Red Onion

Toss **red onion** in a medium mixing bowl with 2 Tbsp. **lime juice** and a pinch of **salt**. Marinate 10 minutes before serving, mixing a couple times to marinate evenly. While onions pickle, cook turkey.



3 Cook the Turkey

Heat 1 tsp. **olive oil** in a large non-stick pan over medium-high heat. Add **ground turkey** and **taco seasoning** to hot pan. Cook until no pink remains, 6-8 minutes. Taste, and season with a pinch of **salt** and **pepper** if needed.



4 Prepare the Avocados

Halve **avocados** and, one at a time, remove pit by *carefully* tapping pit with the blade of your knife so it sticks. Gently twist knife to release pit. Scoop out flesh with a spoon. Cut avocado flesh into ½” dice.



5 Finish the Salad

Combine **lettuce**, **grape tomatoes**, **avocado**, and **corn** in a large mixing bowl. Toss with **chipotle ranch dressing** (to taste). Season with a pinch of **salt** and **pepper**, if desired.



6 Plate the Dish

Serve salad on a plate or in a bowl and top with **turkey**, **pickled onion** (to taste), **cilantro**, and a dollop of **sour cream**.