



NUTRITION *per serving* 35g carbohydrates 31g fat 42g protein 1342mg sodium | CONTAINS gluten, soy, shellfish | calorie-conscious, carb-conscious



Calories
611



Prep & Cook Time
25-35 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Medium

IN YOUR BOX

- 1 Romaine Heart
- 1 Persian Cucumber
- 5 Cilantro Sprigs
- 12 oz. Ground Turkey
- 1 fl. oz. Starport Garlic Sesame Sauce
- 2 tsp. Sambal
- 1 Avocado
- 1 fl. oz. Seasoned Rice Vinegar
- 3 oz. Matchstick Carrots
- 1 oz. Crispy Fried Onions

IN YOUR KITCHEN

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

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STAFF PICK

Vietnamese Turkey and Avocado Salad

with crispy onions, cucumber, and carrots

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

- ☐ **Spice Alert!** **Sambal** is a paste made of chiles, garlic, ginger, and other spices that adds a potent kick to this dish. Control spice level by omitting completely or adding half to **turkey**, taste cooked turkey, and add remaining if desired.
- ☐ **Heads Up!** **Avocado** is used twice. Half is mashed and added to dressing, and diced avocado tops **salad**.
- ☐ **Heads Up!** **Cilantro** is used twice. Half is added to **salad** and remaining garnishes dish.

FROM THE CHEF

Don't worry if crispy onions are smashed. They will still taste just as good!

Did you know...

There's a wide variety of Asian meat salads. The Laos salad larb (or laab, larp, or laap) is quite popular with Lao, Thai, and Hmong communities in the United States. Saa is a variety of larb, as well as the Vietnamese version bo tai chanh. One big difference in Americanized meat salads versus Laos and Thailand: Over there, the meat is often served raw.



1

Prepare the Ingredients

Hold **romaine** head at root end and chop coarsely. Trim **cucumber** and cut into ¼" rounds on an angle. Mince **cilantro** (no need to stem).



2

Season the Turkey

Mix **ground turkey**, **garlic sesame sauce**, half the **sambal**, and ¼ tsp. **pepper** in a medium mixing bowl until thoroughly combined. Set aside at least 5 minutes to let flavors marry.



3

Prepare Avocado and Make Dressing

Halve **avocado** and remove pit by carefully tapping pit with the blade of your knife so it sticks. Gently twist knife to release pit. Scoop out the flesh with a spoon. Place half the avocado in a large mixing bowl with **seasoned rice vinegar** and 1 Tbsp. **water**. Whisk into a smooth paste. *Some small bits are ok.* Season with ¼ tsp. **salt**. Cut other half of avocado into ½" dice.



4

Cook the Turkey

Heat a large non-stick pan over high heat. Add 1 tsp. **olive oil** and **seasoned turkey mixture** to hot pan. Cook, breaking up meat, until no pink remains, 5-7 minutes. Remove from burner. Taste, and add remaining **sambal**, **salt**, and **pepper** if desired.



5

Assemble the Salad

Add **romaine**, **cucumber**, **carrots**, and half the **cilantro** (reserve remaining for garnish) to bowl with dressing and toss to combine.



6

Plate the Dish

Place a serving of **salad** on a plate. Place **diced avocado** and **turkey** on top of salad. Top turkey with remaining **cilantro**. Garnish dish with **crispy onions**.