



**GREEN
CHEF**

SOUTHWEST-SPICED TURKEY SALAD

roasted bell pepper, creamy chimichurri, pepitas, cheddar

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

750

NET CARBS PER SERVING

12 GRAMS

MENU

KETO // GLUTEN-FREE

This hearty salad has all the vibrant Southwestern flavors you know and love. The base is crisp romaine lettuce, topped with fresh tomato and scallion. For sweet and savory flavor, you'll roast peppers and sauté Southwest-spiced turkey with as much or as little Cholula sauce as you like. Finish the dish with crunch and creaminess from toasted pepitas, sharp cheddar cheese, and a drizzle of chimichurri dressing.

INGREDIENTS (12 ITEMS)

1 unit **Green bell pepper**
 5¼ oz **Romaine lettuce**
 1 whole **Roma tomato**
 1 whole **Scallion**
 ½ oz **Pepitas**
 2 oz **Sour cream** M
 2 oz **Chimichurri sauce with olive oil**
 10 oz **Ground turkey***
 1½ oz **Tomato paste**
 1¾ tsp **Chili, cumin & paprika blend**
 1 tsp **Cholula sauce**
 2 oz **Sharp cheddar cheese** M

WHAT YOU'LL NEED

large sauté pan
 baking sheet
 mixing bowls
 measuring cup & spoons
 thermometer
 oven mitt
 cooking & olive oils
 salt & pepper

ALLERGENS

M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Ground turkey is fully cooked when internal temperature reaches 165 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Preheat oven to 400 degrees.
- Cut **green bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Halve **romaine lettuce** lengthwise. Lay flat and slice across into ribbons, about ¼ inch wide; discard root end.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Trim and thinly slice **scallion**.

**The ingredient you received may be a different color.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

ROAST BELL PEPPER

- Place **bell pepper** in a large bowl. Drizzle with 1 tablespoon cooking oil. Season with salt and a pinch of pepper. Stir to combine.
- Spread **bell pepper** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Roast 12-15 minutes, or until bell pepper is fork-tender and lightly browned, stirring halfway through.
- Remove from oven. Let cool at least 5 minutes.

3

TOAST PEPITAS

- Place **pepitas** in a dry, large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a plate. (Reserve pan.)

4

MAKE DRESSING

- Place **sour cream** and **chimichurri sauce with olive oil** in a small bowl. Stir in water 1 teaspoon at a time until dressing reaches a drizzling consistency. Season with salt and pepper to taste.

5

MAKE SALAD

- Place **lettuce**, about half the **tomato**, and about half the **scallion** in bowl used for bell pepper. Drizzle with about 1 tablespoon olive oil. Toss to combine. Season with salt and pepper to taste.

6

COOK TURKEY

- Heat about 1 tablespoon cooking oil in pan used for pepitas over medium heat. Add **ground turkey** to hot pan. Cook 4-5 minutes, until lightly browned, breaking up **turkey** into pieces.
- Add **tomato paste, chili, cumin, and paprika blend**, ½ cup water, ¼ teaspoon salt, and **Cholula sauce** to taste (or omit). Cook 2-3 minutes, or until sauce has slightly thickened and turkey is fully cooked, stirring occasionally.

7

PLATE YOUR DISH

- Divide **salad** between bowls. Top with **roasted bell pepper** and **Southwest-spiced turkey**. Drizzle with **creamy chimichurri dressing** to taste. Garnish with **toasted pepitas, sharp cheddar cheese**, remaining **tomato**, and remaining **scallion**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (470g)

Amount per serving

Calories 750

	% Daily Value*
Total Fat 59g	76%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 850mg	37%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 43g	
Vitamin D 1mcg	6%
Calcium 304mg	25%
Iron 4mg	20%
Potassium 1174mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Ground Turkey [turkey], **Romaine Lettuce**, **Roma Tomatoes**, **Scallions**, **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Pepitas** [pumpkin seed kernels], **Bell Peppers**, **Sour Cream** [cultured cream], **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Tomato Paste** [tomato paste, citric acid], **Chili, Cumin & Paprika Blend** (Smoked Paprika, Sweet Paprika, Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices]), **Chimichurri Sauce** (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Olive Oil [olive oil])

Allergen information:

Contains Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.