



# Cal Smart Apple Turkey Stuffing Bowls with Sage Gravy

Calorie Smart

Quick

25 Minutes



Ground Turkey



Gala Apple



Dried Cranberries



Sage



Mirepoix



Butternut Squash,  
cubes



Cornstarch



Italian Seasoning



Garlic Puree



Chicken Broth  
Concentrate



Ciabatta Roll

HELLO SAGE

*You can't have stuffing without this classic festive herb!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, vegetable peeler, large oven-proof pan, measuring spoons, large bowl, parchment paper, small pot, small bowl

## Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Gala Apple	1	2
Dried Cranberries	¼ cup	½ cup
Sage	7 g	14 g
Mirepoix	113 g	227 g
Butternut Squash, cubes	170 g	340 g
Cornstarch	1 tbsp	2 tbsp
Italian Seasoning	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Chicken Broth Concentrate	2	4
Ciabatta Roll	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



## Roast squash

Peel, core, then cut **apple** into ½-inch pieces. Add **squash, apples** and ½ **tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, tossing halfway through, until tender, 14-15 min.



## Assemble apple turkey stuffing

Add **roasted squash and apples** to **turkey mixture**. Stir to combine. Spread **ciabatta-cranberry topping** over **turkey mixture**. Bake in the **middle** of the oven until **topping** is golden-brown, 4-5 min. (**TIP:** Keep an eye on your ciabatta topping so that it doesn't burn!)



## Prep

While **veggies** roast, finely chop **sage leaves**. Cut **ciabatta** into ½-inch pieces. Heat a small pot over medium-low heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **mirepoix**. Cook, stirring occasionally, until softened, 3-4 min. Add ½ **tbsp butter** (dbl for 4 ppl), **cranberries** and **half the sage**. Swirl the pan until fragrant, 1 min. Transfer **cranberry mixture** to a large bowl, then add **ciabatta pieces**. Toss to combine and set aside.



## Make sage gravy

Stir together 1 **tsp cornstarch** and ½ **cup water** (dbl both 4 ppl) in a small bowl. Heat the same small pot (from step 2) over medium. When hot, add ½ **tbsp butter** (dbl for 4 ppl), **broth concentrates**, **garlic puree**, **remaining sage** and **cornstarch mixture**. Whisk often until **gravy** thickens slightly, 3-4 min.



## Cook turkey mixture

Heat a large oven-proof pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **mirepoix**. Cook, stirring occasionally, until softened, 3-4 min. Add **turkey**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 3-5 min. **\*\* Add Italian Seasoning** and season with **salt** and **pepper**, then stir to combine.



## Finish and serve

Divide **apple-turkey stuffing bake** between bowls. Pour **sage gravy** overtop.

## Dinner Solved!