



# BROWN SUGAR AND BBQ GLAZED TURKEY BREAST

with Corn and Bell Pepper Hash

PRONTO



HELLO

BBQ TURKEY

Nothing like sweet, smoky barbecue flavour on juicy turkey breast!

TIME: 30 MIN



Turkey Scallopine



Brown Sugar



BBQ Sauce



BBQ Seasoning



Green Bell Pepper



Corn Kernels



Russet Potato



Chives



Onion, chopped



Dijon Mustard



Sour Cream

## BUST OUT

- Silicone Brush
- Paper Towels
- Small Pot
- Aluminum Foil
- Medium Bowl
- Large Non-Stick Pan
- 2 Baking Sheets
- Salt and Pepper
- Measuring Cups
- Olive or Canola Oil
- Measuring Spoons

## INGREDIENTS

2-person | 4-person

- Turkey Scallopine 340 g | 680 g
- Brown Sugar 1 tbsp | 2 tbsp
- BBQ Sauce 6,9 ¼ cup | ½ cup
- BBQ Seasoning 6 🍌 1 tbsp | 2 tbsp
- Green Bell Pepper 200 g | 400 g
- Corn Kernels 113 g | 227 g
- Russet Potato 230 g | 460 g
- Chives 7 g | 14 g
- Onion, chopped 56 g | 113 g
- Dijon Mustard 6,9 1 tbsp | 2 tbsp
- Sour Cream 2 6 tbsp | 12 tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 74°C/165°F.



## START STRONG

Preheat the oven to **450°F** (to roast potatoes and start turkey). Start prepping when the oven comes up to temperature! In Step 2, use this heat guide to determine what spice level you prefer (dbl each measurement for 4 ppl): **1 tsp** mild, **2 tsp** medium and **all** BBQ seasoning for spicy!



**1 ROAST POTATOES**  
Wash and dry all produce.\* Cut **potatoes** into ½-inch pieces. On a baking sheet, toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl). Arrange in a single layer. Season with **salt** and **pepper**. Roast in **bottom** of oven, until golden-brown, 20-22 min.



**4 MAKE GLAZE**  
Meanwhile, heat a small pot over medium heat. When the pot is hot, add **BBQ sauce, mustard, brown sugar** and **½ cup water** (dbl for 4 ppl). Cook, stirring often, until **brown sugar** dissolves, 1-2 min.



**2 START TURKEY**  
Meanwhile, pat **turkey** dry with paper towels. In a medium bowl, combine **turkey, 1 tbsp oil** (dbl for 4 ppl) and **BBQ seasoning** (**NOTE:** Reference Heat Guide in Start Strong). Season with **salt**. Toss to coat. Transfer to a foil-lined baking sheet. Roast in **middle** of oven, until almost cooked through, 10-12 min. (**NOTE:** We will finish cooking turkey in Step 5.)



**5 FINISH TURKEY**  
When **turkey** is almost cooked through and **potatoes** are done, turn the oven broiler to **high**. Brush **half the glaze** over **turkey**. Broil in **middle** of oven, until cooked through and beginning to brown, 4-5 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.\*\*)



**3 COOK VEGGIES**  
Meanwhile, core, then cut **pepper** into ½-inch pieces. Thinly slice **chives**. Heat a large non-stick pan over medium-high heat. When the pan is hot, add **corn, peppers, onion** and **½ tbsp oil** (dbl for 4 ppl). Cook, stirring occasionally, until **corn** is golden-brown, 5-6 min.



**6 FINISH AND SERVE**  
To **corn mixture**, add **roast potatoes** and **chives**. Stir to combine. Slice **turkey**. Divide **hash** and **turkey** between **plates**. Dollop **sour cream** over **hash**. Serve **remaining BBQ glaze** on the side, for **dipping**.

## CORN-Y!

Pan-frying corn caramelizes the kernels and helps bring out its sweet flavour!