



Cal Smart Almond-Crusted Turkey with Sautéed Veggies

Calorie Smart

30 Minutes



Turkey Breast Portions



Mayonnaise



Almonds, sliced



Green Beans



Baby Tomatoes



Sweet Bell Pepper



Italian Seasoning



Garlic, cloves



Red Onion



Panko Breadcrumbs



Red Wine Vinegar

HELLO ALMONDS

This popular tree nut is great as a salad topper, snack or as breading!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, shallow dish, parchment paper, large non-stick pan, paper towels, measuring spoons

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Mayonnaise	2 tbsp	4 tbsp
Almonds, sliced	28 g	56 g
Green Beans	170 g	340 g
Baby Tomatoes	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Italian Seasoning	½ tbsp	1 tbsp
Garlic, cloves	1	2
Red Onion	113 g	226 g
Panko Breadcrumbs	¼ cup	½ cup
Red Wine Vinegar	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Cook breading

Finely chop **almonds**. Heat a large non-stick pan over medium-high heat. When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 1-2 min. Transfer to a shallow dish. Add **panko** to the same pan. Toast, stirring often, until golden, 1-2 min. Remove the pan from heat. Add **toasted panko** to the shallow dish with **almonds**. Season with **salt** and **pepper**, then stir to combine.



Prep veggies

While **turkey** bakes, trim, then halve **green beans**. Core, then cut **pepper** into ¼-inch slices. Peel, then cut **onion** into ¼-inch slices. Halve **tomatoes**. Peel, then mince or grate **garlic**.



Bread turkey

Pat **turkey** dry with paper towels. Season both sides with **salt** and **pepper**. Coat **turkey** all over with **mayo**. Working with **one turkey** portion at a time, press both sides firmly into **almond-panko mixture** to adhere. Transfer **coated turkey** to a parchment-lined baking sheet. Drizzle with ½ **tbsp oil** (dbl for 4 ppl).



Cook veggies

Heat the same pan (from step 1) over medium-high. When hot, add 1 **tbsp oil** (dbl for 4 ppl) then **green beans**, **peppers**, **tomatoes**, **onions**, **garlic**, **vinegar** and **half the Italian Seasoning** (use all for 4 ppl). Season with **salt** and **pepper**. Cook, stirring often, until **green beans** and **peppers** are tender-crisp, 5-6 min. (**NOTE**: Don't overcrowd the pan; cook veggies in 2 batches for 4 ppl, using 1 **tbsp oil** for each batch!)



Bake turkey

Bake **turkey** in the **middle** of the oven until golden-brown and cooked through, 20-25 min.**



Finish and serve

Thinly slice **turkey**. Divide **veggies** and **turkey** between plates.

Dinner Solved!