



Cal Smart Almond-Crusted Turkey with Sautéed Veggies

Calorie Smart 30 Minutes



Turkey Breast Portions



Mayonnaise



Almonds, sliced



Sweet Bell Pepper



Italian Seasoning



Garlic, cloves



Red Onion



Panko Breadcrumbs



Carrot

HELLO ALMONDS

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

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Mayonnaise	2 tbsp	4 tbsp
Almonds, sliced	28 g	56 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
Carrot	170 g	340 g
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.

Contact

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Make 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. (**TIP:** Keep an eye on almonds so they don't burn!) Transfer **almonds** 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

Meanwhile, peel, then cut **carrot** into ¼-inch rounds. Core, then cut **pepper** into ¼-inch slices. Peel, then cut **onion** into ¼-inch slices. 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 piece of turkey** at a time, press both sides firmly into **almond-panko mixture** to coat completely. Transfer **coated turkey** to a parchment-lined baking sheet. Drizzle with **½ tbsp oil** (dbl for 4 ppl).



Sauté veggies

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



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!