



Cal Smart Breaded Turkey

with Potatoes, Broccoli and Honey Mustard

Calorie Smart

30 Minutes



Turkey Breast
Portions



Russet Potato



Broccoli, florets



Dijon Mustard



Honey



Garlic Salt



Panko Breadcrumbs

HELLO TURKEY

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

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

Bust out

2 Baking sheets, measuring spoons, rolling pin, parchment paper, 2 small bowls, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Russet Potato	460 g	920 g
Broccoli, florets	227 g	454 g
Dijon Mustard	2 tbsp	4 tbsp
Honey	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Panko Breadcrumbs	¼ cup	½ cup
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 our meal kit labels for the most current allergen 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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Roast potatoes

Cut **potatoes** into ½-inch wedges. Add **potatoes**, **¾ tsp garlic salt** and **1 tbsp oil** to a baking sheet. Season with **pepper**, then toss to coat. (**NOTE:** For 4 ppl, use 2 baking sheets, with ¾ tsp garlic salt and 1 tbsp oil per sheet.) Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and the bottom of the oven, rotating sheets halfway through.)



Cook turkey

Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil**, then **turkey**. Pan-fry until golden-brown, 1-2 min per side. (**NOTE:** Cook in 2 batches for 4 ppl, using 1 tsp oil for each batch!) Transfer **turkey** to a parchment-lined baking sheet. Spread **remaining Dijon** over tops of **turkey**, then top with **panko**, pressing gently to adhere. Roast **turkey** in the **top** of the oven until cooked through, 12-14 min.**



Prep

While **potatoes** roast, cut **broccoli** into bite-sized pieces. Stir together **honey** and **half the Dijon** in a small bowl. Set aside.



Cook broccoli

While **turkey** roasts, heat the same pan over medium. Add **1 tsp oil** (dbl for 4 ppl), then **broccoli** and **2 tbsp water** (dbl for 4 ppl). Cook covered, stirring occasionally, until tender, 5-6 min. Season with **salt** and **pepper**.



Prep turkey

Stir together **panko** and **1 tsp oil** (dbl for 4 ppl) in another small bowl. Pat **turkey** dry with paper towels. Cover **each piece of turkey** with parchment paper. Using a mallet, rolling pin or heavy-bottomed pan, carefully pound **each piece of turkey** until ½-inch thick. Season with **remaining garlic salt** and **pepper**.



Finish and serve

Thinly slice **turkey**. Divide **turkey**, **potatoes** and **broccoli** between plates. Serve **honey mustard** on the side for dipping.

Dinner Solved!