



Cal Smart Breaded Turkey

with Potatoes, Broccoli and Honey-Dijon

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, plastic wrap, 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 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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Roast potatoes

Cut **potatoes** into ½-inch wedges. Add **potatoes**, **¾ tsp garlic salt** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with ¾ tsp garlic salt and 1 tbsp oil per sheet.) Season with **pepper**, then toss to coat. 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 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**. (**NOTE:** Cook in 2 batches for 4 ppl, using 1 tsp oil per batch.) Pan-fry until golden-brown, 1-2 min per side. Transfer **turkey** to a parchment-lined baking sheet. Spread **remaining Dijon** over **tops of turkey**, then sprinkle 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). Cover and cook, 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. Place **each piece of turkey** on a cutting board and cover with plastic wrap. 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-Dijon** on the side for dipping.

Dinner Solved!