



# Cal Smart Hot Honey Turkey

## with BBQ-Spiced Roasted Potatoes

Calorie Smart

Spicy

30 Minutes



Turkey Breast Portions



Russet Potato



Panko Breadcrumbs



Green Beans



Honey



Hot Sauce



Sour Cream



BBQ Seasoning

HELLO BBQ SEASONING

*This spice is the perfect blend of sweet, savoury and smoky!*

## Start here

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

## Bust out

2 baking sheets, measuring spoons, 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
Panko Breadcrumbs	¼ cup	½ cup
Green Beans	170 g	340 g
Honey	1 tbsp	2 tbsp
Hot Sauce 🌶️	4 tbsp	8 tbsp
Sour Cream	3 tbsp	6 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Unsalted Butter*	½ tbsp	1 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 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.*

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



## Roast potatoes

Cut **potatoes** into ½-inch pieces. Toss **potatoes**, **1 tsp BBQ Seasoning** and **½ tbsp oil** (dbl both for 4 ppl) on a parchment-lined baking sheet. Roast in the **middle** of the oven, tossing halfway through, until golden-brown, 22-24 min.



## Mix panko

While **potatoes** roast, add **½ tbsp butter** (dbl for 4 ppl) to a small microwave-safe bowl. Microwave until melted, 30 sec. Add **panko**, **remaining BBQ Seasoning** and **1 tsp oil** (dbl for 4 ppl). Stir to combine.



## Coat turkey

Pat **turkey** dry with paper towels. Season all over with **salt** and **pepper**. Evenly spread **sour cream** onto tops of **turkey**. Top **each** piece of **turkey** with **panko mixture**, pressing to adhere.



## Roast turkey

Transfer **turkey** to another parchment-lined baking sheet. Roast in the **bottom** of the oven until **turkey** is cooked through, 15-18 min.\*\*



## Cook green beans

While **turkey** roasts, trim **green beans**. Heat a large non-stick pan over medium heat. When hot, add **green beans** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 4-5 min. Add **½ tbsp butter** (dbl for 4 ppl) and cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.



## Finish and serve

Stir together **honey** and **hot sauce** in another small bowl. Thinly slice **turkey**. Divide **turkey**, **potatoes** and **green beans** between plates. Drizzle **hot honey sauce** over top.

## Dinner Solved!