



Cal Smart Hot Honey Turkey

with BBQ-Spiced Roasted Potatoes

Calorie Smart

Spicy

30 Minutes



Turkey Breast Portions



Russet Potato



Panko Breadcrumbs



Zucchini



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
Zucchini	200 g	400 g
Honey	1 tbsp	2 tbsp
Hot Sauce 🍷	1 tbsp	2 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 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.



Roast potatoes

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **1 tsp BBQ Seasoning** and **½ tbsp oil** (dbl both for 4 ppl) to a parchment-lined baking sheet, then toss to coat.
- Roast in the **middle** of the oven, tossing halfway through, until golden-brown and tender, 24-26 min.



Roast turkey

- Transfer **turkey** to another parchment-lined baking sheet.
- Roast in the **bottom** of the oven until **turkey** is cooked through, 16-18 min.**



Make panko mixture

- Meanwhile, 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.



Cook zucchini

- Meanwhile, cut **zucchini** in half lengthwise, then into ½-inch half-moons.
- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring often, until tender-crisp, 3-4 min.



Prep turkey

- Pat **turkey** dry with paper towels. Season all over with **salt** and **pepper**.
- Evenly spread **sour cream** over **tops of turkey**, then sprinkle with **panko mixture**, gently pressing down to adhere.



Finish and serve

- Stir together **honey** and **half the hot sauce** (use all for 4 ppl) in another small bowl.
- Thinly slice **turkey**.
- Divide **turkey**, **potatoes** and **zucchini** between plates.
- Drizzle **hot honey sauce** over top.

Dinner Solved!

Contact

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