



# 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



Carrot



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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, vegetable peeler, 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
Carrot	170 g	340 g
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.*

## Contact

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## 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) to the bowl with **melted butter**. Stir to combine.



## Cook veggies

- Meanwhile, cut **zucchini** in half lengthwise, then into ½-inch half-moons.
- Peel, then cut **carrot** in half lengthwise, then into ¼-inch half-moons.
- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **carrots**. Cook, stirring often, until tender-crisp, 5-6 min.
- Add **zucchini**. Cook, stirring often, until **veggies** are tender, 3-4 min.



## Prep turkey

- Pat **turkey** dry with paper towels. Season all over with **salt** and **pepper**.
- Place **each turkey portion** on a cutting board, then cover with plastic wrap.
- Using a rolling pin or heavy-bottomed pan, carefully pound **each turkey portion** until ½-inch thick.
- 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 **veggies** between plates.
- Drizzle **hot honey sauce** over top.

## Dinner Solved!