



Cal Smart Turkey Sandwich

with Dill Pickle and Side Salad

Calorie Smart 30 Minutes



Turkey Breast Portions



Sub Roll



Dill Pickle, sliced



Dijon Mustard



Italian Breadcrumbs



White Wine Vinegar



Spring Mix



Southwest Spice Blend



Baby Tomatoes

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

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

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Sub Roll	2	4
Dill Pickle, sliced	90 ml	180 ml
Dijon Mustard	2 tbsp	4 tbsp
Italian Breadcrumbs	¼ cup	½ cup
White Wine Vinegar	½ tbsp	1 tbsp
Spring Mix	56 g	113 g
Southwest Spice Blend	1 tbsp	2 tbsp
Baby Tomatoes	113 g	227 g
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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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Prep

Halve **tomatoes**. Halve **rolls**. Add **half the Dijon** and **½ tsp Southwest Spice Blend** to a small bowl. Season with **pepper**, then stir to combine.



Make salad

While **turkey** roasts, add **½ tbsp vinegar**, **¼ tsp sugar** and **2 tsp oil** (dbl all for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Add **spring mix** and **tomatoes**, then toss to combine.



Prep turkey

Stir together **breadcrumbs** 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 Southwest Spice Blend**, **salt** and **pepper**.



Toast rolls

Add **rolls** directly to the **top** rack of the oven, cut-side up. Toast, until golden-brown, 3-4 min. (**TIP:** Keep an eye on them so they don't burn!)



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 two batches for 4 ppl, using 1 tsp oil for each batch!) Remove pan from heat, then transfer **turkey** to a parchment-lined baking sheet. Spread **remaining Dijon** onto tops of **turkey**, then top with **breadcrumb mixture**, pressing gently to adhere. Roast **turkey** in the **top** of the oven, until cooked through, 7-10 min.**



Finish and serve

Thinly slice **turkey**. Spread **Dijon mixture** from the small bowl onto **bottom rolls**, then top with **pickles**, **turkey**, **some salad** and **top rolls**. Divide **sandwiches** and **remaining salad** between plates.

Dinner Solved!