

Turkey Breast and Creamy Mustard Sauce

with Arugula, Feta and Tomato Salad

Keto Special

Quick

25 Minutes



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Turkey Breast Portions





crumbled



Feta Cheese,





Baby Tomatoes



Avocado

Arugula and Spinach



Garlic, cloves





Whole Grain Mustard



Red Wine Vinegar



Chicken Broth Concentrate



HELLO WHOLE GRAIN MUSTARD

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredient

Bust out

Baking sheet, medium bowl, measuring spoons, aluminum foil, measuring cups, large non-stick pan, paper towels

Ingredients

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	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Double Turkey Breast Portion	680 g	1360 g
Feta Cheese, crumbled	½ cup	1 cup
Avocado	1	2
Baby Tomatoes	113 g	227 g
Arugula and Spinach Mix	56 g	113 g
Garlic, cloves	2	4
Cream	56 ml	113 ml
Whole Grain Mustard	1 tbsp	2 tbsp
Red Wine Vinegar	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
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.



Cook turkey

- Heat a large non-stick pan over medium heat.
- While the pan heats, pat **turkey** dry with paper towels. Season with **salt** and **pepper**.
- When hot, add ½ tbsp oil, then turkey. (NOTE: For 4 ppl, cook turkey in batches, using ½ tbsp oil per batch.) Pan-fry until golden-brown, 1-2 min per side.
- Remove from heat, then transfer turkey to an unlined baking sheet. Roast in the middle of the oven until cooked through, 8-10 min.**
- Cover loosely with foil and set aside to rest for 2-3 min.

If you've opted for **double turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of turkey**. Work in batches, if necessary.



Slice turkey and finish creamy mustard sauce

- Thinly slice **turkey**.
- Stir any turkey resting juices into sauce. Season with salt and pepper, to taste.



Prep

- Meanwhile, peel, then mince or grate garlic.
- Halve tomatoes.
- Peel, pit, then cut **avocado** into ½-inch pieces.
- Add avocados, tomatoes, vinegar and 1 tbsp (2 tbsp) oil to a medium bowl. Season with salt and pepper, then toss to combine.
- Place arugula and spinach mix over top.
 Do not toss until just before serving.

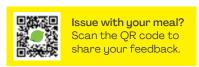


- Heat the same pan (from step 1) over medium.
- When hot, add ½ **tbsp** (1 tbsp) **butter**, then **garlic**. Cook, stirring until **butter** melts and **garlic** is fragrant, 30 sec.
- Add ¼ cup (½ cup) water, cream, mustard and broth concentrate. Bring to a simmer.
- Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- · Remove from heat.



Finish and serve

- Toss **salad** to combine. Divide between plates, then sprinkle **feta** over top.
- Top salad with turkey.
- Drizzle creamy mustard sauce over turkey.



Dinner Solved!