



Turkey Breast and Creamy Mustard Sauce

with Arugula, Feta and Tomato Salad

Keto Special

Quick

25 Minutes



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CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Turkey Breast Portions



Double Turkey Breast Portions



Feta Cheese, crumbled



Avocado



Baby Tomatoes



Arugula and Spinach Mix



Garlic, cloves



Cream



Whole Grain Mustard



Red Wine Vinegar



Chicken Broth Concentrate

HELLO WHOLE GRAIN MUSTARD

Canada is among the world's top producers of mustard seeds!

Start here

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

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

Bust out

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

Ingredients

	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.



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1



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.

4



Slice turkey and finish creamy mustard sauce

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

2



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.

3



Make sauce

- 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.

5



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!