

FRIED TURKEY WITH TOMATO GRAVY

and Roasted Broccoli





HELLO -**TOMATO GRAVY**

This classic Southern gravy is perfect for smothering over pork, turkey and chicken!



Turkey Scallopine



Shallot



Garlic



Diced Tomatoes



Sour Cream



Broccoli, florets



Russet Potato



Chicken Broth Concentrate

PREP: 15 MIN

TOTAL: 30 MIN

CALORIES: 524

All-Purpose Flour

BUST OUT

- · 2 Baking Sheets
- Peeler
- Shallow Dish
- Potato Masher
- Garlic Press
- Strainer
- Measuring Spoons
- Butter 2 (1/4 cup)
- Large Non-Stick Pan
- Salt and Pepper
- · Olive or Canola oil
- Large Pot Paper Towel

INGREDIENTS -	
	4-person
Turkey Scallopine	680 g
• Shallot	50 g
• Garlic	20 g
• Diced Tomatoes	1 can
• Sour Cream 2	6
All-Purpose Flour 1	4 tbsp
Broccoli, florets	454 g
Russet Potato	690 g
Chicken Broth Concentrate	2

ALLERGENS ALLERGÈNES:

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le sova, les sulfites, les noix et le blé.

- O Seafood/Fruit de Mer 6 Mustard/Moutarde
- 1 Wheat/Blé
- 7 Peanut/Cacahuète 8 Sesame/Sésame
- 2 Milk/Lait
- 3 Egg/Oeuf
- 9 Sulphites/Sulfites
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 10 Crustacean/Crustacé 11 Shellfish/Fruit de Mer



START STRONG



Preheat your oven to 400°F (to roast the broccoli and finish the turkey). Start prepping when your oven comes up to temperature!



COOK POTATOES Wash and dry all produce.* Peel, then cut the **potatoes** into ½inch pieces. In a large pot, combine the potatoes, 2 tsp salt and enough water to cover (approximately 1-2 inches). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until the **potatoes** are fork-tender, 10-12 min.



FINISH TURKEY Repeat with another 1 tbsp oil and remaining scallopines. Transfer golden scallopines to another baking sheet. Roast in the middle of the oven until **scallopines** are cooked through, 14-16 min. (TIP: Cook to a min internal temp. of 74°C/165°F, as size may vary.**) Meanwhile, roast **broccoli** in the top of the oven, until tender-crisp, 14-16 min.



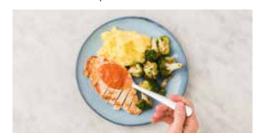
PREP Meanwhile, mince or grate garlic. Peel, then thinly slice the **shallots** into 1/4-inch slices. Cut any large **broccoli** florets into bite-size pieces. On a baking sheet, toss broccoli with 2 tbsp oil. Season with **salt** and **pepper**. Set aside. (NOTE: You will roast the broccoli in Step



MAKE GRAVY Meanwhile, add 2 tbsp oil and shallots to the same pan. Cook, stirring often, until softened, 2-3 min. Sprinkle over the remaining flour and stir until the **flour** coats the **shallots**, 1-2 min. Add the tomatoes, sour cream, broth concentrates and ¼ cup water. Stir continously until the gravy thickens slightly, 3-4 min.



START TURKEY Pat turkey dry with paper towels. In a shallow dish, combine 3 tbsp flour, 1/4 tsp salt and 1/4 tsp pepper. Add turkey, then press and flip each scallopine, so flour mixture coats all over. Heat a large non-stick pan over medium-high heat. When pan is hot, add 1 tbsp oil, then two scallopines. Sear until goldenbrown 1-2 min per side.



FINISH AND SERVE Drain and return the **potatoes** to the same pot. Using a fork or **potato** masher, mash 1/4 cup butter into potatoes until smooth. Season with salt and pepper. Thinly slice turkey. Divide turkey, broccoli and potatoes between plates. Spoon tomato gravy over turkey.

TURKEY

This lean protein isn't just for the holidays!

^{*}Laver et sécher tous les aliments.

^{**}Cuire jusqu'à une température interne minimale de 74°C/165°F.