



FRIED TURKEY WITH TOMATO GRAVY

and Roasted Broccoli

FAMILY



HELLO TOMATO GRAVY

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

PREP: 15 MIN | **TOTAL: 30 MIN** | **CALORIES: 524**



Turkey Scallopine



Shallot



Garlic



Diced Tomatoes



Sour Cream



All-Purpose Flour



Broccoli, florets



Russet Potato



Chicken Broth Concentrate

BUST OUT

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

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 soja, les sulfites, les noix et le blé.

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

*Laver et sécher tous les aliments.

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

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!



1 COOK POTATOES

Wash and dry all produce.*

Peel, then cut the **potatoes** into 1/2-inch 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.



4 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.



2 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 4!)



5 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 **1/4 cup water**. Stir continuously until the **gravy** thickens slightly, 3-4 min.



3 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 golden-brown 1-2 min per side.



6 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!

