



Herby Dijon Turkey Scallopine on Savoury Mushroom Rice

PRONTO 35 Minutes



Turkey Scallopine



Basmati Rice



Cremini Mushrooms



Chicken Broth Concentrate



Onion, chopped



Parsley and Thyme



Garlic



Baby Spinach



All-Purpose Flour



Dijon Mustard

HELLO CREMINI MUSHROOMS

These fabulous fungi have a mild, earthy flavour.

START HERE

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Large Non-Stick Pan, Garlic Press, Baking Sheet, Measuring Cups, Paper Towels, Small Bowl, Measuring Spoons, Medium Pot

Ingredients

	2 Person	4 Person
Turkey Scallopine	340 g	680 g
Basmati Rice	¾ cup	1 ½ cup
Cremini Mushrooms	227 g	454 g
Chicken Broth Concentrate	1	2
Onion, chopped	56 g	113 g
Parsley and Thyme	14 g	21 g
Garlic	3 g	6 g
Baby Spinach	56 g	113 g
All-Purpose Flour	1 tbsp	2 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Butter*	2 tbsp	4 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 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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1. PREP

Thinly slice **mushrooms**. Strip **1 tbsp thyme leaves** off stems (dbl for 4ppl). Roughly chop **parsley**. Peel, then mince or grate **garlic**. Stir together **Dijon, half the thyme, half the parsley** and **½ tbsp oil** (dbl for 4ppl) in a small bowl. Pat **turkey** dry with paper towels and season with **salt** and **pepper**.



4. MAKE PAN SAUCE

While **turkey** bakes, heat the same pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4ppl), then **onions**. Cook, stirring occasionally, until softened, 3-4 min. Sprinkle **flour** over **onions**. Cook, stirring often, until **onions** are coated, 1-2 min. Add **¾ cups water** (dbl for 4ppl) and **broth concentrate(s)**. Cook, stirring often, until **sauce** thickens, 2-3 min. Season with **salt** and **pepper**.



2. COOK MUSHROOM RICE

Heat a medium pot over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4ppl), then **mushrooms** and **remaining thyme**. Cook, stirring often until tender, 5-6 min. Add **rice** and **garlic** and cook, stirring often, until toasted, 2-3 min. Add **1 ¼ cups water** (dbl for 4ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.



5. FINISH RICE

When **rice** is done, add **spinach**, cover and let stand off heat, until **spinach** wilts, 1-2 min. Fluff **rice** with a fork. Season with **salt**.



3. COOK TURKEY

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **turkey**. Cook until golden-brown, 1-2 min per side. Transfer **turkey** to a baking sheet. Spread **Dijon mixture** onto tops of **turkey**. Bake, in **middle** of oven, until cooked through, 10-12 min.**



6. FINISH & SERVE

Thinly slice **turkey**. Divide **mushroom rice** among plates. Top with **turkey** and spoon over **pan sauce**. Sprinkle with **remaining parsley**.

Dinner Solved!