



Herby Yogurt Marinated Turkey

with Roasted Zucchini Sticks and Sweet Potato Mash

PRONTO 35 Minutes



Turkey Breast



Greek Yogurt



Sweet Potato, cubes



Garlic Salt



Zucchini



Dill

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO DILL

This delicate herb packs a sweet lemony flavour

START HERE

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

Bust Out

Paper Towels, Medium Bowl Large Non-Stick Pan, Medium Pot, Small Bowl, Baking Sheet, Parchment Paper

Ingredients

	2 Person	4 Person
Turkey Breast	340 g	680 g
Greek Yogurt	100 g	200 g
Sweet Potato, cubes	340 g	680 g
Garlic Salt	¾ tsp	1 ½ tsp
Zucchini	200 g	400 g
Dill	7 g	7 g
Unsalted Butter*	2 tbsp	4 tbsp
Milk*	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.

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1. START SWEET POTATOES

Combine the **sweet potatoes**, **1 tsp salt** and enough **water** to cover (approx. 1-2 inches) in a medium pot. Cover and bring to a boil over high heat. Once boiling, reduce the heat to medium. Simmer, uncovered, stirring occasionally, until **sweet potatoes** are fork-tender, 10-12 min.



4. COOK ZUCCHINI

While the **turkey** cooks, cut **zucchini** into ½-inch sticks, then cut sticks into 3 pieces. Arrange **zucchini** in a single layer on another parchment-lined baking sheet. Toss with **1 tbsp oil**. Season with the **remaining garlic salt** and **pepper**. Roast in **middle** of the oven, until tender-crisp, 8-10 min.



2. COAT TURKEY

Finely chop the **dill**. Stir together the **yogurt**, **half the garlic salt** and **half the dill** in a medium bowl. (**NOTE:** the total garlic salt amount for 2 ppl is ¾ tsp, dbl for 4 ppl) Pat turkey dry with paper towels. Season with **pepper**. Place the **turkey** in a large zip-top bag and pour over **half the herbed yogurt**. Close top. Coat **turkey** all over with **yogurt marinade**. Set aside.



5. MASH SWEET POTATOES

When **sweet potatoes** are fork-tender, drain and return to same pot. Using a fork or potato masher, mash **2 tbsp butter** and **2 tbsp milk** (dbl both for 4 ppl) into **potatoes** until smooth. Season with **salt** and **pepper**.



3. COOK TURKEY

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. (**NOTE:** Cook turkey in 2 batches for 4 ppl, using ½ tbsp oil for each batch!) Transfer **turkey** to a parchment-lined baking sheet. Bake, in **bottom** of oven, until cooked through, 10-12 min. **



6. FINISH AND SERVE

Thinly slice the **turkey**. Divide the **herby turkey**, **sweet potato mash** and **zucchini sticks** between plates. Sprinkle the **remaining dill** over the **turkey** and **zucchini**. Serve **remaining herbed yogurt** on the side for dipping.

Dinner Solved!