



# Honey-Lemon Turkey

## with Thyme Roasted Carrots

Family Friendly

30 Minutes



Turkey Breast Portions



All-Purpose Flour



Montreal Steak Spice



Thyme



Chicken Broth Concentrate



Honey



Lemon



Carrot



Russet Potato



Crispy Shallots



Cream Cheese

HELLO THYME

*This woody herb packs a fragrant and savoury punch!*

## Start here

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

## Bust out

2 Baking sheets, measuring spoons, parchment paper, measuring cups, large pot, large non-stick pan, paper towels, vegetable peeler, colander, potato masher, whisk

## Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
All-Purpose Flour	1 tbsp	2 tbsp
Montreal Steak Spice	1 tbsp	2 tbsp
Thyme	7 g	7 g
Chicken Broth Concentrate	1	2
Honey	1 tbsp	2 tbsp
Lemon	1	1
Carrot	340 g	680 g
Russet Potato	460 g	920 g
Crispy Shallots	28 g	28 g
Cream Cheese	2 tbsp	4 tbsp
Unsalted Butter*	4 tbsp	8 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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## Prep

Strip **1 ½ tsp thyme leaves** (dbl for 4 ppl) from stems, then finely chop. Peel, then slice **carrot** into ¼-inch rounds. Juice **half the lemon** (whole lemon for 4 ppl). Peel, then cut **potatoes** into ½-inch pieces.



## Cook turkey

While **potatoes** cook, heat a large non-stick pan over medium-high heat. While pan heats, pat **turkey** dry with paper towels. Season with **salt** and **Montreal Steak Spice**. When pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **turkey**. Cook until golden-brown, 1-2 min per side. (**NOTE:** Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 tbsp oil for each batch!) Remove pan from heat. Transfer **turkey** to another baking sheet. Bake in the **top** of the oven until cooked through, 6-8 min. **\*\* Carefully wipe pan clean.**



## Roast carrots

Add **carrots, thyme** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, stirring halfway through, until fork tender, 16-18 min.



## Make honey-lemon sauce

While **turkey** cooks, heat the same pan over medium. When hot, add **1 tbsp butter** (dbl for 4 ppl), then sprinkle **flour** over top. Cook, whisking constantly, until golden, 1-2 min. Slowly whisk in **¾ cup water** (dbl for 4 ppl), **broth concentrate, lemon juice** and **honey**. Season with **salt** and **pepper**. Cook, whisking often, until **sauce** thickens slightly, 3-4 min. Add **1 tbsp butter** (dbl for 4 ppl), then swirl to melt.



## Cook potatoes

While **carrots** roast, combine **potatoes, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) in a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min. Drain and return **potatoes** to the same pot, off heat. Mash **2 tbsp butter** (dbl for 4 ppl) and **cream cheese** into **potatoes** until creamy. Season with **salt** and **pepper**.



## Finish and serve

Thinly slice **turkey**. Divide **turkey, carrots** and **mashed potatoes** between plates. Spoon **honey-lemon sauce** over **turkey**. Sprinkle with **crispy shallots**.

## Dinner Solved!