



Honey-Mustard Almond Turkey

with Green Bean and Cranberry Freekeh

30 Minutes



Turkey Scallopini



Freekeh



Green Beans



Dried Cranberries



Honey



Dijon Mustard



Almonds, sliced

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 FREEKEH

This tiny ancient grain is hearty and commonly used in Mediterranean cooking!

Start here

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

Bust Out

Baking sheet, measuring spoons, medium pot, large bowl, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|-------------------|----------|----------|
| Turkey Scallopini | 340 g | 680 g |
| Freekeh | ¾ cup | 1 ½ cup |
| Green Beans | 170 g | 340 g |
| Dried Cranberries | ¼ cup | ¼ cup |
| Honey | 1 tbsp | 2 tbsp |
| Dijon Mustard | 1 tbsp | 2 tbsp |
| Almonds, sliced | 28 g | 56 g |
| Unsalted Butter* | 1 tbsp | 2 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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Cook freekeh

Combine the **freekeh** and **1 ¼ cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil, then reduce heat to low. Simmer, still covered, until **freekeh** is tender and **liquid** is absorbed, 25-28 min.



Cook green beans

While the **freekeh** and **turkey** cook, heat the same pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl) and swirl to melt, 1 min. Add the **green beans**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**. Remove from heat.



Prep and cook turkey

Pat **turkey** dry with paper towels. Carefully slice into the centre of **each piece of turkey**, parallel to cutting board leaving, 1-inch intact on the other end. Open it up like a book. Season with **salt** and **pepper**. Arrange the **turkey** on a parchment-lined baking sheet. Bake in the **top** of the oven, until cooked through, 10-14 min.**



Finish freekeh and turkey

Once the **freekeh** is tender, season with **salt**. Stir the **green beans**, **cranberries** and **half the almonds** into the **freekeh**. Set aside. Once the **turkey** is finished cooking, add to the large bowl with the **honey-mustard**. Toss to coat.



Prep

On a clean surface, trim the **green beans** and cut in half. Roughly chop the **cranberries**. Mix together the **honey** and **Dijon** in a large bowl. Set aside. Heat a large non-stick pan over medium-high heat. Add the **almonds** to the dry pan. Toast, stirring often, until golden-brown 3-4 min. (**TIP**: Keep your eye on them so they don't burn!) Transfer to a plate.



Finish and serve

Divide the **freekeh** and **honey-mustard turkey** between plates. Drizzle any **remaining honey-mustard sauce** from the large bowl over the **turkey**, then sprinkle with the **remaining almonds**.

Dinner Solved!