



Keto Turkey in Tarragon Sauce

with Cauliflower Mash and Green Beans

Keto Special 30 Minutes



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Turkey Breast
Portions



Cauliflower, florets



Green Beans



Tarragon



Green Onion



Cream



Chicken Broth
Concentrate



Garlic Salt

HELLO CAULIFLOWER

A great low-carb alternative for starchy veggies!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Bust out

Baking sheet, colander, measuring spoons, potato masher, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Cauliflower, florets	285 g	570 g
Green Beans	170 g	340 g
Tarragon	7 g	14 g
Green Onion	1	2
Cream	113 ml	237 ml
Chicken Broth Concentrate	1	2
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
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.



Prep and cook cauliflower

- Cut **cauliflower** into bite-sized pieces.
- Add **cauliflower**, $\frac{1}{2}$ **tsp salt** and **enough water** to cover (by approx. 1 inch) to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Cook uncovered until fork-tender, 10-12 min.
- Drain and return **cauliflower** to the same pot, off heat. Cover to keep warm.



Finish cauliflower mash

- Mash **remaining garlic salt**, **2 tbsp** (4 tbsp) **cream** and **1 tbsp** (2 tbsp) **butter** into **cauliflower** until almost creamy. (**NOTE:** Cauliflower mash will still have a few lumps!) Season with **pepper**, to taste.



Prep

- Meanwhile, trim **green beans**.
- Thinly slice **green onion**.
- Strip **tarragon leaves** from stems, then roughly chop.
- Add **green beans** and $\frac{1}{2}$ **tbsp** (1 tbsp) **oil** to one side of an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.



Make sauce

- Combine **remaining cream**, $\frac{1}{4}$ **cup** ($\frac{1}{2}$ cup) **water**, **broth concentrate** and **half the tarragon** in the same pan (from step 3).
- Bring to a simmer over medium. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Remove from heat. Season with **salt** and **pepper**, to taste.



Cook turkey and green beans

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **turkey** dry with paper towels. Season with **half the garlic salt** and **pepper**.
- When the pan is hot, add $\frac{1}{2}$ **tbsp** (1 tbsp) **oil**, then **turkey**. Cook until golden, 1-2 min per side.
- Transfer **turkey** to other side of the baking sheet with **green beans**.
- Roast in the **middle** of the oven until **green beans** are tender and **turkey** is cooked through, 12-14 min.**



Finish and serve

- Thinly slice **turkey**.
- Divide **turkey**, **green beans** and **cauliflower mash** between plates.
- Spoon **tarragon sauce** over **turkey**.
- Sprinkle **remaining tarragon** over top, if desired.

Dinner Solved!



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