



Pan-Fried Turkey Breast

with Sweet Potato Mash and Holiday Gravy

FAMILY 35 Minutes



Turkey Scallopine



Sweet Potato



Broccoli, florets



Shallot



Sage



Chicken Broth Concentrate



Sour Cream



All-Purpose Flour



Dijon Mustard



Soy Sauce

HELLO SAGE

This herb is part of the mint family and is known for its warming aromatic flavours!

Start Strong

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

Bust Out

Potato Masher, Baking Sheet, Large Non-Stick Pan, Large Pot, Paper Towels, Whisk, Measuring Cups, Measuring Spoons

Ingredients

	4 Person
Turkey Scallopine	680 g
Sweet Potato	680 g
Broccoli, florets	454 g
Shallot	50 g
Sage	7 g
Chicken Broth Concentrate	1
Sour Cream	3 tbsp
All-Purpose Flour	1 tbsp
Dijon Mustard	1 ½ tsp
Soy Sauce	1 ½ tsp
Unsalted Butter*	¼ cup
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.



1. BOIL SWEET POTATOES

Peel, then cut **sweet potatoes** into ½-inch pieces. Combine **sweet potatoes**, **2 tsp salt** and enough **water** to cover (approximately 1 inch) in a large pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until **potatoes** are fork-tender, 12-14 min.



4. MAKE SAGE GRAVY

While **broccoli** and **turkey** roast, return the same pan over medium heat. When hot, add **2 tbsp butter** and swirl until melted, 1 min. Add **shallots** and **sage**. Cook, stirring often, until the **shallots** soften, 2-3 min. Sprinkle over the **flour** and stir until coated, 1 min. Whisk in the **broth concentrate**, **mustard**, **soy sauce** and **¾ cup water**. Simmer, stirring occasionally, until thickened, 2-3 min.



2. PREP

While **sweet potatoes** cook, peel, then finely chop **shallots** into ¼-inch pieces. Finely chop **1 tbsp sage leaves**. Cut **broccoli** into bite-size pieces. Pat the **turkey** dry with paper towels, then season with **salt** and **pepper**. Toss the **broccoli** with **2 tbsp oil** on a baking sheet. Season with **salt** and **pepper**. Set aside.



5. MAKE MASH

Drain the **sweet potatoes** and return them to the same pot off the heat. Using a masher, mash in the **sour cream** and **2 tbsp butter** into until smooth. Season with **salt** and **pepper**.



3. ROAST BROCCOLI & TURKEY

Heat a large non-stick pan over medium heat. When hot, add **2 tbsp oil**, then the **turkey**. Sear, until golden, 2-3 min per side. Remove pan from heat, then transfer **turkey** to another baking sheet. Roast **broccoli** in the **top** of the oven, until tender-crisp, 14-16 min. Roast **turkey** in the **middle** of the oven, until cooked through, 14-16 min.**



6. FINISH AND SERVE

Divide the **turkey**, **broccoli** and **sweet potatoes** between plates. Drizzle the **gravy** over the **turkey**.

Dinner Solved!

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