



Turkey Breast and Creamy Mustard Sauce

with Arugula, Feta and Tomato Salad

Keto Special 25 Minutes



*2 Double

Turkey Breast Portions
680 g | 1360 g

↗ Custom Recipe + Add ↻ Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Turkey Breast Portions
340 g | 680 g



Feta Cheese, crumbled
1/2 cup | 1 cup



Avocado
1 | 2



Baby Tomatoes
113 g | 227 g



Arugula and Spinach Mix
56 g | 113 g



Garlic, cloves
2 | 4



Cream
56 ml | 113 ml



Whole Grain Mustard
1 tbsp | 2 tbsp



Red Wine Vinegar
1 tbsp | 2 tbsp



Chicken Broth Concentrate
1 | 2

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.

Pantry items | Oil, unsalted butter, salt, pepper

Cooking utensils | Baking sheet, medium bowl, measuring spoons, aluminum foil, measuring cups, large non-stick pan, paper towels

1



Cook turkey

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

×2 Double | Turkey Breast

- Heat a large non-stick pan over medium heat.
- While the pan heats, pat **turkey** dry with paper towels. Season with **salt** and **pepper**.
- When hot, add **½ tbsp oil**, then **turkey**. (**NOTE:** For 4 ppl, cook in batches, using ½ tbsp oil per batch.)
- Pan-fry until golden-brown, 1-2 min per side.
- Remove from heat, then transfer **turkey** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-10 min.**
- Cover loosely with foil and set aside to rest, 2-3 min.

4



Slice turkey and finish creamy mustard sauce

- Thinly slice **turkey**.
- Stir **any turkey resting juices** into **sauce**. Season with **salt** and **pepper**, to taste.

2



Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Halve **tomatoes**.
- Peel, pit, then cut **avocado** into ½-inch pieces.
- Add **avocados, tomatoes, vinegar** and **1 tbsp** (2 tbsp) **oil** to a medium bowl. Season with **salt** and **pepper**, then toss to combine.
- Place **arugula and spinach mix** over top. Do not toss until just before serving.

5



Finish and serve

- Toss **salad** to combine. Divide between plates, then sprinkle **feta** over top.
- Top **salad** with **turkey**.
- Drizzle **creamy mustard sauce** over **turkey**.

3



Make sauce

- Reheat the same pan (from step 1) over medium.
- When hot, add **½ tbsp** (1 tbsp) **butter**, then **garlic**. Cook, stirring until **butter** melts and **garlic** is fragrant, 30 sec.
- Add **¼ cup** (½ cup) **water, cream, mustard** and **broth concentrate**. Bring to a simmer.
- Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- Remove from heat.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

| Step Title

×2 Double | Turkey Breast

If you've opted for **double turkey**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of turkey**. Work in batches, if necessary.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.