



TURKEY SCALLOPINI AND RISOTTO-STYLE COUSCOUS

with Roasted Brussels Sprouts and Squash

PRONTO



HELLO

ROASTED BRUSSELS SPROUTS

Roasting shaved Brussels sprouts creates crispy golden-brown flakes that add a unique crunch and flavour to this risotto!

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 688**



Turkey Scallopini



Butternut Squash, cubes



Israeli Couscous



Brussels Sprouts, shaved



Chicken Broth Concentrate



Shallot



Garlic



White Wine Vinegar



Parmesan Cheese



Lemon-Thyme

BUST OUT

- 2 Baking Sheets
- Garlic Press
- Paper Towel
- Large Pan
- Measuring Cups
- Medium Pot
- Measuring Spoons
- Butter
- 2 (2 tbsp | 4 tbsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Turkey Scallopine 340 g | 680 g
- Butternut Squash, cubes 170 g | 340 g
- Israeli Couscous 1 ¾ cup | 1 ½ cup
- Brussels Sprouts, shaved 113 g | 227 g
- Chicken Broth Concentrate 2 | 3
- Shallot 50 g | 100 g
- Garlic 6 g | 12 g
- White Wine Vinegar 9 1 tbsp | 2 tbsp
- Parmesan Cheese 2 ¼ cup | ½ cup
- Lemon-Thyme 10 g | 20 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Preheat the oven to **400°F** (to roast the butternut squash, Brussels sprouts and turkey). Start prepping when the oven comes up to temperature!



1 ROAST SQUASH Wash and dry all produce.* Strip **1 tbsp thyme** (dbl for 4 ppl) from the stems. On a baking sheet, toss the **squash** and **Brussels sprouts** with the **thyme** and **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in the middle of the oven, stirring halfway through cooking, until golden-brown and tender, 25-28 min.



4 START RISOTTO Add **2 tbsp butter** (dbl for 4 ppl) to the pan, then the **shallots**. Cook, stirring, until softened, 1-2 min. Add **couscous**, **garlic** and **1 tbsp vinegar** (dbl for 4 ppl). Stir together until **garlic** is fragrant and **couscous** is toasted, 1-2 min. Add **1 cup broth** and stir until **broth** has been absorbed by the **couscous**. Continue adding **broth**, **1 cup** at a time, stirring often, until the **liquid** is absorbed, texture is creamy and **couscous** is tender, 10-15 min.



2 PREP Meanwhile, peel, then mince or grate the **garlic**. Peel then thinly slice the **shallot(s)** into ¼ inch slices. Pat the **turkey** dry with paper towels. Season with **salt** and **pepper**. In a medium pot, combine **3 cups hot water** (4 ½ cups for 4 ppl) and **broth concentrates**. Bring to a gentle boil over medium heat.



5 FINISH RISOTTO After the last cup of **broth** has been stirred in and absorbed, the **couscous** should be tender and have a creamy texture. Stir in **half the Parmesan**. Season with **salt** and **pepper**. Slice the **turkey**.



3 SEAR TURKEY Heat a large pan over medium-high heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then the **turkey**. Sear until golden-brown, 2-3 min per side. Transfer the **turkey** to another baking sheet. Roast in the top of the oven until cooked through, 10-12 min. (**TIP:** Cook to a minimum internal temp. of 74°C/165°F, as size may vary.**)



6 FINISH AND SERVE Divide the **couscous risotto** between plates. Top with the **roasted veggies** and **turkey**. Sprinkle over the **remaining Parmesan**.

SQUASHED IT!

This sweet and nutty squash brings some welcome 'sunshine' to the autumn table.