



# Turkey Breast and Creamy Mustard Sauce

## with Arugula, Feta and Tomato Salad

Keto Special

25 Minutes



Turkey Breast  
Portions  
340 g | 680 g



Feta Cheese,  
crumbled  
½ 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, pepper, salt, unsalted butter

**Cooking utensils** | Aluminum foil, baking sheet, large non-stick pan, measuring cups, measuring spoons, medium bowl, paper towels

Measurements  
within steps

**1** **1** **2** **oil**  
2 person 4 person Ingredient

1



### Cook turkey

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Heat a large non-stick pan over medium-high heat.
- While the pan heat, pat **turkey** dry with paper towels, then, if applicable, cut into 2 **(4) equal pieces** on a separate cutting board. Season with **salt** and **pepper**.
- When hot, add  $\frac{1}{2}$  **tbsp oil**, then **turkey**. **(NOTE: For 4 ppl, cook turkey in batches, using  $\frac{1}{2}$  tbsp oil per batch.)** Pan-fry until golden-brown, 2-3 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 **sauce** with **salt** and **pepper**, then stir to combine.

2



### Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Halve **tomatoes**.
- Halve, pit, then peel **avocado**. Cut into  $\frac{1}{2}$ -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.
- Serve **turkey** alongside.
- Drizzle **creamy mustard sauce** over **turkey**.

3



### Make creamy mustard sauce

- Reheat the same pan (from step 1) over medium.
- When hot, add  $\frac{1}{2}$  **tbsp (1 tbsp) butter**, then **garlic**. Cook, stirring until **butter** melts and **garlic** is fragrant, 30 sec.
- Add  $\frac{1}{4}$  **cup ( $\frac{1}{2}$  cup) water, cream, mustard** and **broth concentrate**. Bring to a simmer.
- Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- Remove from heat.

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