



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.