

# Carb Smart Italian-Style Turkey

## with Basil and Cucumber Salad

Carb Smart

25 Minutes



Turkey Breast Portions



Parmesan Cheese, shredded



Balsamic Vinegar



White Wine Vinegar



Roma Tomato



Basil



Mini Cucumber



Italian Breadcrumbs



Mayonnaise



Red Onion



Garlic



Arugula and Spinach Mix

### HELLO GARLIC

*Garlic varies in flavour from punchy and peppery when raw, to mild and sweet when roasted!*

## Start here

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

## Bust out

Baking sheet, measuring spoons, shallow dish, 2 large bowls, parchment paper, small bowl, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Parmesan Cheese, shredded	¼ cup	½ cup
Balsamic Vinegar	1 tbsp	2 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Roma Tomato	160 g	320 g
Basil	7 g	14 g
Mini Cucumber	132 g	264 g
Italian Breadcrumbs	¼ cup	½ cup
Mayonnaise	2 tbsp	4 tbsp
Red Onion	113 g	226 g
Arugula and Spinach Mix	56 g	113 g
Garlic	3 g	6 g
Sugar*	¼ tsp	½ tsp
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.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Prep turkey

Stir together **mayo** and **¼ tsp salt** (dbl for 4 ppl) in a large bowl. Pat **turkey** dry with paper towels, then add to the large bowl with **mayo**. Toss to coat. Stir together **breadcrumbs** and **Parmesan** in a shallow dish. Working with **one piece of turkey** at a time, press both sides into **breadcrumb mixture** to coat completely. Shake excess breadcrumbs back into the shallow dish.



## Make bruschetta

Stir together **tomatoes**, **diced onions**, **balsamic vinegar**, **half the basil**, **¼ tsp garlic** and **¼ tsp salt** (dbl both for 4 ppl) in a small bowl. Season with **pepper**. Set aside.



## Cook turkey

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then **turkey**. Pan-fry until golden-brown, 1-2 min per side. (**NOTE:** For 4 ppl, cook in 2 batches using 1 tbsp oil per batch!) Remove pan from heat, then transfer **turkey** to a parchment-lined baking sheet. Roast **turkey** in the **middle** of the oven until cooked through, 8-10 min.\*\*



## Make cucumber salad

Whisk together **white wine vinegar**, **1 tbsp oil** and **¼ tsp sugar** (dbl both for 4 ppl) in another large bowl. Add **cucumbers**, **sliced onions**, **arugula and spinach mix** and **remaining basil**. Season with **salt** and **pepper**, then toss to combine.



## Finish prep

While **turkey** roasts, cut **cucumber** into ¼-inch rounds. Cut **tomatoes** into ¼-inch pieces. Peel, then cut **half the onion** into ¼-inch pieces. Cut **remaining onion** into ¼-inch slices. Peel, then mince or grate **garlic**. Thinly slice **basil**.



## Finish and serve

Divide **turkey** and **cucumber salad** between plates. Spoon **bruschetta** over **turkey**.

## Dinner Solved!