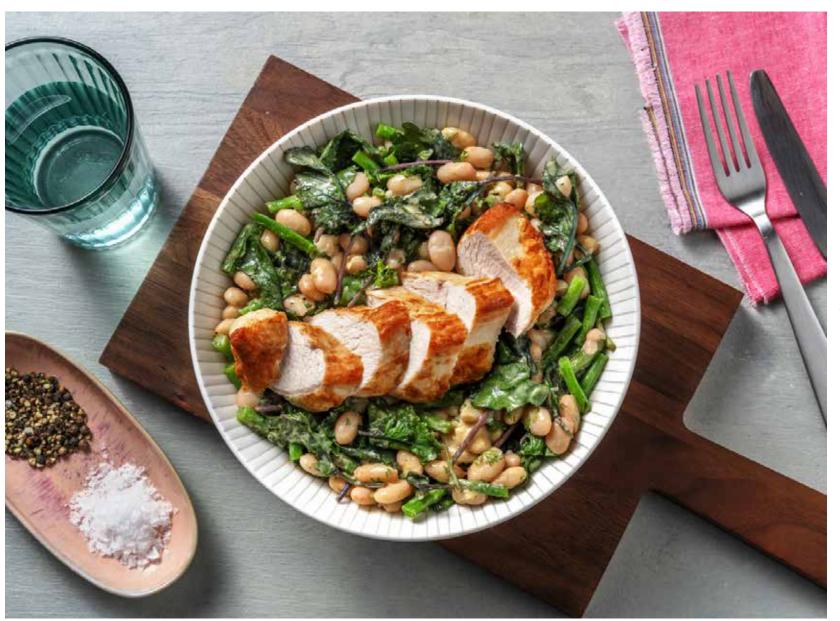


# Cal Smart Pan-Fried Turkey

with Warm Bean Salad

Calorie Smart

30 Minutes







Turkey Breast Portions







Cannellini Beans







Dijon Mustard

Dill

Cornstarch



White Wine Vinegar





Baby Kale

HELLO DILL

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

#### Garlic Guide for Step 5 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: 1/2 tsp
- Extra: 1 tsp

#### **Bust out**

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

## Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Green Beans	170 g	340 g
Cannellini Beans	398 ml	796 ml
Garlic	6 g	12 g
Cornstarch	2 tbsp	4 tbsp
Dijon Mustard	1 tbsp	2 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Dill	7 g	7 g
Baby Kale	56 g	113 g
Sugar*	1/4 tsp	½ tsp
Oil*		
Salt and Pepper*		

<sup>\*</sup> Pantry items

#### 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.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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#### Prep

Roughly chop dill. Reserve 2 tbsp cannellini bean liquid (dbl for 4 ppl), then drain and rinse beans. Trim, then cut green beans into 2-inch pieces. Peel, then mince or grate garlic.



#### Coat turkey

Pat **turkey** dry with paper towels. Season with **salt** and **pepper**. Add **cornstarch** to a shallow dish. Add **turkey** and turn to coat both sides.



## Cook turkey

Heat a large non-stick pan over mediumhigh heat. When hot, add ½ **tbsp oil**, then **turkey**. Pan-fry until golden-brown, 1-2 min per side. (NOTE: For 4 ppl, cook 2 turkey breast portions at a time, using ½ tbsp oil per batch!) Remove the pan from heat, then transfer **turkey** to a parchment-lined baking sheet. Roast in the **middle** of the oven until cooked through, 8-10 min.\*\* Carefully wipe the pan clean.



#### Steam beans

While **turkey** roasts, reheat the same pan over medium-high. When hot, add **green beans** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**.



#### Toss bean salad

Whisk together Dijon, vinegar, dill, ¼ tsp sugar, ¼ tsp garlic, 1 tbsp oil (dbl all for 4 ppl) and reserved bean liquid in a large bowl. (NOTE: Reference garlic guide.) Add cannellini beans, green beans and baby kale. Season with salt and pepper, then toss to combine.



#### Finish and serve

Thinly slice **turkey**. Divide **salad** between plates. Top with **turkey**.

# **Dinner Solved!**

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