



Cal Smart Pan-Fried Turkey with Warm Bean Salad

Calorie Smart

30 Minutes



Turkey Breast Portions



Green Beans



Cannellini Beans



Garlic



Cornstarch



Dijon Mustard



White Wine Vinegar



Dill



Baby Kale

HELLO DILL

This delicate herb comes from the same family as parsley and celery!

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: ½ 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*	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 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**.



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**.



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.



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.



Cook turkey

Heat a large non-stick pan over medium-high 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.



Finish and serve

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

Dinner Solved!