



Carb Smart Southern BBQ Turkey

with Cheesy Zucchini Rounds and Slaw

Carb Smart

30 Minutes



Turkey Breast Portions



Southwest Spice Blend



Coleslaw Cabbage Mix



Mayonnaise



White Wine Vinegar



Dijon Mustard



BBQ Sauce



Zucchini



Parmesan Cheese, shredded



Garlic Salt

HELLO TURKEY

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

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

Bust out

2 baking sheets, medium bowl, large bowl, measuring spoons, aluminum foil, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Southwest Spice Blend	1 tbsp	2 tbsp
Coleslaw Cabbage Mix	170 g	340 g
Mayonnaise	4 tbsp	8 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Dijon Mustard	1 tbsp	2 tbsp
BBQ Sauce	4 tbsp	8 tbsp
Zucchini	400 g	800 g
Parmesan Cheese, shredded	¼ cup	½ cup
Garlic Salt	1 tsp	2 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



Make slaw

Combine **mayonnaise**, **vinegar** and **Dijon** in a medium bowl. Season with **salt** and **pepper**. Add **coleslaw cabbage mix** and stir to combine.



Prep

Cut **zucchini** into ¼-inch rounds. Pat **turkey** dry with paper towels. Season with **Southwest Spice Blend**, **salt** and **pepper**.



Cook zucchini

Toss **zucchini** with **garlic salt** and **1 tbsp oil** (dbl for 4 ppl) in a large bowl. Arrange **zucchini** in a single layer on a lightly oiled foil-lined baking sheet. (**NOTE:** Use 2 sheets for 4 ppl.) Sprinkle **Parmesan** over top. Bake in the **middle** of the oven, until **zucchini** is tender-crisp and **cheese** is golden brown, 13-15 min. (**NOTE:** For 4 ppl, bake in the middle and top of oven, rotating sheets half way through.)



Cook turkey

While **zucchini** cooks, heat a large non-stick pan over medium. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **turkey**. Cook until golden-brown all over and cooked through, 8-10 min.**



Finish and serve

Thinly slice **turkey**. Divide **turkey**, **cheesy zucchini** and **slaw** between plates. Serve **BBQ sauce** on the side for dipping.