

# Garlic Roasted Turkey and Creamy Dijon Sauce

with Jewelled Wild Rice Pilaf and Roasted Brussels Sprouts

Family Feast

45 Minutes













Turkey Breast Roast





Wild Rice Medley

Gala Apple





Dijon Mustard







Cream

**Brussels Sprouts** 





Garlic Salt

Cream Sauce Spice Blend



Chicken Broth Concentrate

**HELLO DIJON MUSTARD** 

## Start here

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

Measurements, 1 tbsp (2 tbsp) within steps

oil

#### **Bust out**

2 Baking sheets, measuring spoons, medium pot, measuring cups, whisk, large non-stick pan, paper towels

# Ingredients

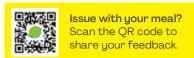
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	2 Person	4 Person
Turkey Breast Roast	680 g	1360 g
Red Onion	113 g	226 g
Wild Rice Medley	½ cup	1 cup
Gala Apple	1	2
Parsley	7 g	14 g
Dijon Mustard	1 tbsp	2 tbsp
Cream	113 ml	237 ml
Brussels Sprouts	227 g	454 g
Garlic Salt	1 tsp	2 tsp
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Unsalted Butter*	4 tbsp	8 tbsp
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, sov. sulphites, tree nuts and wheat.





#### Cook rice

- Add wild rice medley, 1 cup (2 cups) water and 1/4 tsp (1/2 tsp) salt in a medium pot. Bring to a boil over high heat.
- · Once boiling, reduce heat to medium-low. Cover and cook until rice is tender and liquid is absorbed, 18-20 min.
- · Remove the pot from heat. Set aside, still covered.



### Prep and roast turkey

- Meanwhile, pat **turkey** dry with paper towels, then arrange on an unlined baking sheet.
- Drizzle with 1/2 tbsp (1 tbsp) oil. Season all over with half the garlic salt, ½ tsp (1 tsp) salt and **1/4 tsp** (1/2 tsp) **pepper**.
- Roast turkey in the middle of the oven until golden-brown, 35-40 min.\*\*
- When **turkey** is done, transfer to a plate to rest for 5-10 min.



## Roast Brussel sprouts

- Meanwhile, halve, then peel onion. Cut half the onion into 1-inch pieces.
- Halve **Brussels sprouts** (if larger, quarter them) and remove any blemished outer layers.
- · Add Brussels sprouts, remaining garlic salt and 1 tbsp (2 tbsp) oil to another unlined baking sheet. Season with pepper, then toss to combine.
- Roast in the **bottom** of the oven, flipping once halfway through, until tender, 20-22 min.
- When Brussels sprouts are flipped, add **chopped onions** to the baking sheet and continue to roast until tender, 10-11 min.



## Prep and cook apple mixture

- Meanwhile, cut **apple** into ¼-inch pieces.
- Cut remaining onion into ¼-inch pieces.
- Heat a large non-stick pan over medium-high heat.
- When hot, add 2 tbsp (4 tbsp) butter, then swirl the pan until melted.
- Add apples and remaining onions. Cook, stirring occasionally, until softened, 3-4 min. Season with salt and pepper.
- Once rice is tender, stir apple mixture into rice.



#### Make sauce

- Heat the same pan over medium. Add 2 tbsp (4 tbsp) **butter**, then swirl the pan until melted.
- Sprinkle over Cream Sauce Spice Blend. Cook, stirring constantly, until fragrant, 1-2 min.
- Add Dijon, ¼ cup (½ cup) water and broth concentrate. Whisk to combine. Cook, stirring often, until slightly thickened, 2-3 min.
- Add cream. Cook, stirring often, until slightly thickened, 2-3 min. Season with salt and pepper, to taste.



#### Finish and serve

- While turkey rests, finely chop parsley, then stir **half** into **rice**.
- · Slice turkey.
- Add any resting juices from turkey to sauce, then stir to combine.
- Divide rice, Brussels sprouts and turkey between plates.
- Pour creamy Dijon sauce over top.
- Sprinkle over remaining parsley.

Dinner Solved!