



Garlic Roasted Turkey and Creamy Dijon Sauce

with Jewelled Wild Rice Pilaf and Roasted Brussels Sprouts

Family Feast

45 Minutes



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Turkey Breast Roast



Red Onion



Wild Rice Medley



Gala Apple



Parsley



Dijon Mustard



Cream



Brussels Sprouts



Garlic Salt



Cream Sauce Spice Blend



Chicken Broth Concentrate

HELLO DIJON MUSTARD

A style of prepared mustard originating from, you guessed it, Dijon, France!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	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, soy, sulphites, tree nuts and wheat.



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1



Cook rice

- Add **wild rice medley**, **1 cup** (2 cups) **water** and **¼ tsp** (½ 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.

4



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**.

2



Prep and roast turkey

- Meanwhile, pat **turkey** dry with paper towels, then arrange on an unlined baking sheet.
- Drizzle with **½ tbsp** (1 tbsp) **oil**. Season all over with **half the garlic salt**, **½ tsp** (1 tsp) **salt** and **¼ tsp** (½ 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.

5



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.

3



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.

6



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!