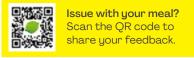


Keto Turkey in Tarragon Sauce

with Cauliflower Mash and Green Beans

Keto Special

30 Minutes







Turkey Breast



Portions







Green Beans



Tarragon



Green Onion





Chicken Broth Concentrate



Garlic Salt

Start here

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

Measurements 1 tbsp (2 tbsp) within steps

oil

Bust out

Baking sheet, colander, measuring spoons, potato masher, medium pot, measuring cups, large non-stick pan, paper towels

Inaredients

2 Person	4 Person
340 g	680 g
285 g	570 g
170 g	340 g
7 g	14 g
1	2
113 ml	237 ml
1	2
1 tsp	2 tsp
1 tbsp	2 tbsp
	340 g 285 g 170 g 7 g 1 113 ml 1

- * 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.

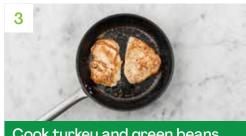


- Cut cauliflower into bite-sized pieces.
- Add cauliflower, ½ tsp salt and enough water to cover (by approx. 1 inch) to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Cook uncovered until fork-tender, 10-12 min.
- Drain and return **cauliflower** to the same pot, off heat. Cover to keep warm.



Prep

- · Meanwhile, trim green beans.
- Thinly slice green onion.
- Strip tarragon leaves from stems, then roughly chop.
- Add green beans and ½ tbsp (1 tbsp) oil to one side of an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.



Cook turkey and green beans

- Heat a large non-stick pan over mediumhigh heat.
- While the pan heats, pat turkey dry with paper towels. Season with half the garlic salt and **pepper**.
- When the pan is hot, add 1/2 tbsp (1 tbsp) oil, then **turkey**. Cook until golden, 1-2 min per side.
- Transfer turkey to other side of the baking sheet with green beans.
- Roast in the middle of the oven until green beans are tender and turkey is cooked through, 12-14 min.**



Finish cauliflower mash

• Mash remaining garlic salt, 2 tbsp (4 tbsp) cream and 1 tbsp (2 tbsp) butter into **cauliflower** until almost creamy. (NOTE: Cauliflower mash will still have a few lumps!) Season with **pepper**, to taste.



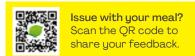
Make sauce

- Combine remaining cream, 1/4 cup (1/2 cup) water, broth concentrate and half the tarragon in the same pan (from step 3).
- Bring to a simmer over medium. Cook, stirring often, until sauce thickens slightly, 2-3 min.
- Remove from heat. Season with salt and pepper, to taste.



Finish and serve

- Thinly slice turkey.
- Divide turkey, green beans and cauliflower mash between plates.
- Spoon tarragon sauce over turkey.
- Sprinkle remaining tarragon over top, if desired.



Dinner Solved!