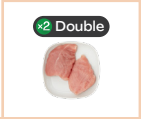




Turkey in Tarragon Sauce

with Cauliflower Mash and Green Beans

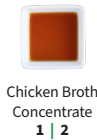
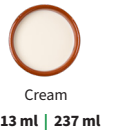
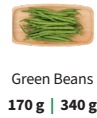
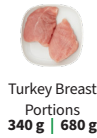
Keto Special 30 Minutes



Turkey Breast Portions
680 g | 1360 g

Custom Recipe + Add Swap or x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

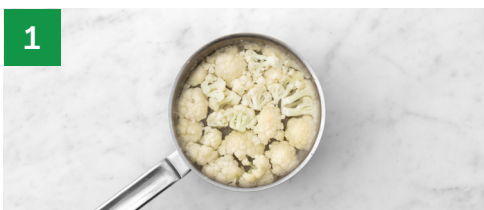


Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Unsalted butter, pepper, salt

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

1



Prep and cook cauliflower

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

2



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.

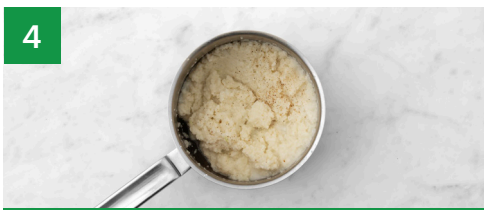
3



Cook turkey and green beans

- **×2 Double | Turkey Breast Portions**
- Heat a large non-stick pan over medium-high 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 **½ 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.**

4



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, then stir in **green onions**.

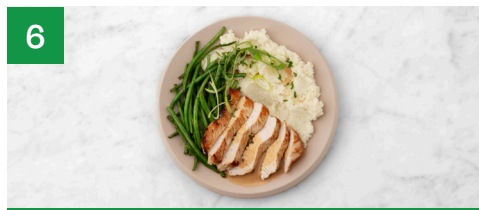
5



Make sauce

- Combine **remaining cream**, **¼ cup** (½ 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.

6



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.

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

3 | Cook turkey and green beans

×2 Double | Turkey Breast Portions

If you've opted for **double turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of turkey**. Work in batches, if necessary.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.