



Smart Turkey Breast and Savoury Shallot Gravy with Roasted Brussels Sprouts and Potatoes

Carb Smart

Calorie Smart

35 Minutes



Turkey Breast
Portions



Yellow Potato



Shallot



Sour Cream



Brussels Sprouts



Gravy Spice Blend

HELLO BRUSSELS SPROUTS

Brussels sprouts are in the same family as cabbage: brassica!

Start here

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

Bust out

2 Baking sheets, measuring spoons, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Yellow Potato	300 g	600 g
Shallot	50 g	100 g
Sour Cream	3 tbsp	6 tbsp
Brussels Sprouts	227 g	454 g
Gravy Spice Blend	½ tbsp	1 tbsp
Unsalted Butter*	1 tbsp	2 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.

Contact

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Cook veggies

- Halve **Brussels sprouts**.
- Cut **potatoes** into ¼-inch pieces.
- Add **potatoes, Brussels sprouts** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Arrange in a single layer.
- Roast in the **middle** of the oven, stirring halfway through, until golden-brown, 24-28 min.



Roast turkey

- Remove the pan from heat. Transfer **turkey** to an unlined baking sheet.
- Roast in the **top** of the oven until **turkey** is cooked through, 10-12 min.**



Prep

- Meanwhile, peel, then thinly slice **shallot**.
- Pat **turkey** dry with paper towels, then season with **salt** and **pepper**.



Make shallot gravy

- When **turkey** is almost done, reheat the same pan (from step 3) over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then **shallots**. Cook, stirring often, until **shallots** soften, 1-2 min.
- Sprinkle **½ tbsp Gravy Spice Blend** (dbl for ppl) over top. Cook, stirring often, until **shallots** are coated, 1 min.
- Add **1 ¼ cups water** (dbl for 4 ppl). Cook, stirring often, until **gravy** thickens slightly, 2-3 min.
- Remove the pan from heat, then stir in **sour cream**. Season with **salt** and **pepper**, to taste.



Sear turkey

- Heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **turkey**. Cook until golden-brown, 3-4 min per side.



Finish and serve

- Divide **turkey** and **roasted veggies** between plates.
- Spoon **shallot gravy** over top.

Dinner Solved!