




# Turkey Breast and Creamy Mustard Sauce

## with Arugula, Feta and Tomato Salad

Keto Special

25 Minutes



-  Turkey Breast Portions  
340 g | 680 g
-  Feta Cheese, crumbled  
1/2 cup | 1 cup
-  Avocado  
1 | 2
-  Baby Tomatoes  
113 g | 227 g
-  Arugula and Spinach Mix  
56 g | 113 g
-  Garlic, cloves  
2 | 4
-  Cream  
56 ml | 113 ml
-  Whole Grain Mustard  
1 tbsp | 2 tbsp
-  Red Wine Vinegar  
1 tbsp | 2 tbsp
-  Chicken Broth Concentrate  
1 | 2

**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** | Oil, unsalted butter, salt, pepper

**Cooking utensils** | Baking sheet, medium bowl, measuring spoons, aluminum foil, measuring cups, large non-stick pan, paper towels

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

1



### Cook turkey

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

\*2 Double | Turkey Breast

- Heat a large non-stick pan over medium heat.
- While the pan heats, pat **turkey** dry with paper towels. Season with **salt** and **pepper**.
- When hot, add  $\frac{1}{2}$  **tbsp oil**, then **turkey**.  
(NOTE: For 4 ppl, cook in batches, using  $\frac{1}{2}$  tbsp oil per batch.)
- Pan-fry until golden-brown, 1-2 min per side.
- Remove from heat, then transfer **turkey** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-10 min.\*\*
- Cover loosely with foil and set aside to rest, 2-3 min.

2



### Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Halve **tomatoes**.
- Peel, pit, then cut **avocado** into  $\frac{1}{2}$ -inch pieces.
- Add **avocados, tomatoes, vinegar** and **1 tbsp** (2 tbsp) **oil** to a medium bowl. Season with **salt** and **pepper**, then toss to combine.
- Place **arugula and spinach mix** over top. Do not toss until just before serving.

3



### Make sauce

- Reheat the same pan (from step 1) over medium.
- When hot, add  $\frac{1}{2}$  **tbsp** (1 tbsp) **butter**, then **garlic**. Cook, stirring until **butter** melts and **garlic** is fragrant, 30 sec.
- Add  $\frac{1}{4}$  **cup** ( $\frac{1}{2}$  cup) **water, cream, mustard** and **broth concentrate**. Bring to a simmer.
- Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- Remove from heat.

4



### Slice turkey and finish creamy mustard sauce

- Thinly slice **turkey**.
- Stir **any turkey resting juices** into **sauce**. Season with **salt** and **pepper**, to taste.

5



### Finish and serve

- Toss **salad** to combine. Divide between plates, then sprinkle **feta** over top.
- Top **salad** with **turkey**.
- Drizzle **creamy mustard sauce** over **turkey**.

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



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