

Turkey Breast and Creamy Mustard Sauce

with Arugula, Feta and Tomato Salad

Keto Special

25 Minutes





Portions



340 g | 680 g

crumbled 1/2 cup | 1 cup



113 g | 227 g

1 | 2



Arugula and Spinach



56 g | 113 g



56 ml | 113 ml



Whole Grain Mustard 1 tbsp | 2 tbsp



Red Wine Vinegar

1 tbsp | 2 tbsp

Concentrate 1 2

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



Cook turkey

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

🚧 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 ½ tbsp oil, then turkey.
 (NOTE: For 4 ppl, cook in batches, using ½ 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.



Prep

- Meanwhile, peel, then mince or grate garlic.
- Halve tomatoes.
- Peel, pit, then cut **avocado** into ½-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.



Make sauce

- Reheat the same pan (from step 1) over medium.
- When hot, add ½ tbsp (1 tbsp) butter, then garlic. Cook, stirring until butter melts and garlic is fragrant, 30 sec.
- Add ¼ cup (½ cup) water, cream, mustard and broth concentrate. Bring to a simmer.
- Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- Remove from heat.



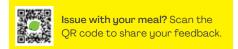
Slice turkey and finish creamy mustard sauce

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



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.



Measurements

within steps

1 tbsp

(2 tbsp)

oil