



CRUNCHY TURKEY STEAK

with Borlottis and Fresh Tomato



HELLO

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Turkey Steaks



Garlic Mayonnaise



Panko Breadcrumbs



Red Onion



Rosemary



Vine Tomato



Broccoli Florets



Borlotti Beans



Garlic Clove



Red Wine Stock Pot

MEAL BAG

20 mins

of your 5 a day

Rapid recipe

GET PREPARED!

Preheat your Oven to 220°C.

BEFORE YOU START

🔥 **Preheat** your Oven to **220°C**. 🧼 **Wash** the veggies. 🍴 Make sure you've got two **Baking Trays**, a **Fine Grater** (or **Garlic Press**), **Sieve**, **Saucepan** and **Measuring Jug**. Let's start cooking the **Crunchy Turkey Steak with Borlotti and Fresh Tomato**.



1 ROAST THE TURKEY

- Lay the **turkey steaks** on a lightly oiled baking tray and season with **salt** and **pepper**.
- Spread the **garlic mayo** thinly over each steak. Sprinkle on the **panko breadcrumbs** to coat the **steaks** evenly.
- Drizzle with a little **oil**. Roast on the top shelf of your oven until the **crumbs** are golden and the **turkey** is cooked through, 13-15 mins. 🚨 **IMPORTANT:** *The turkey is cooked when no longer pink in the middle.*



4 START THE BEANS

- Heat a splash of **oil** in a saucepan over medium-high heat.
- When hot, add the **onion**. Stir and cook until starting to soften, 3-4 mins.
- Add the **rosemary** and **garlic** and cook for 2 mins more, stirring frequently. Stir in the **stock pot** and **water** (see ingredients for amount).



2 PREP TIME

- Meanwhile, halve, peel and thinly slice the **red onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks).
- Chop the **vine tomato** into roughly 1cm chunks.



5 SIMMER

- Dissolve the **stock pot** and reduce the heat to a simmer.
- Add the **beans** and cook until the **sauce** has thickened and the **beans** are piping hot, 2-3 mins.
- Remove from the heat and stir in the **tomato**. Season to taste with **salt** and **pepper**.



3 NOW THE BROCCOLI

- Pop the **broccoli florets** onto another baking tray and drizzle with **oil**.
- Season with **salt** and **pepper**. Roast on the middle shelf of your oven until golden, 10-12 mins.
- Drain and rinse the **borlotti beans** in a sieve.



6 SERVE

- Share the **bean and tomato mixture** between your bowls and pop the **broccoli** alongside.
- Serve the **crunchy turkey steak** on top.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Turkey Steaks *	2	3	4
Garlic Mayonnaise (8) 9)	1 sachet	1½ sachets	2 sachets
Panko Breadcrumbs (13)	30g	30g	50g
Red Onion *	1	1	2
Rosemary *	2 sprigs	3 sprigs	4 sprigs
Vine Tomato *	2	3	4
Broccoli Florets *	1 small bag	1 medium bag	1 large bag
Borlotti Beans	1 carton	1½ cartons	2 cartons
Garlic Clove *	1	1½	2
Red Wine Stock Pot (14)	½	¾	1
Water*	100ml	150ml	200ml

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 530G	PER 100G
Energy (kcal)	505	95
(kJ)	2113	399
Fat (g)	17	3
Sat. Fat (g)	2	1
Carbohydrate (g)	32	6
Sugars (g)	11	2
Protein (g)	53	10
Salt (g)	0.89	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

8) Egg 9) Mustard 13) Gluten 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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