



CAJUN SPICED TURKEY

with Herby Bulgur Wheat and Minty Tomato Salsa



HELLO MINT

Minty things taste cool because menthol affects the same sensors in the mouth that respond to temperature.



Red Onion



Mixed cherry plum tomatoes



Mint



Olive Oil



Flat Leaf Parsley



Lemon



Water



Chicken Stock Pot



Bulgur Wheat



Greek Yoghurt



Cajun Spice Blend



Ground Coriander



Turkey Steak

We've given everybody's festive favourite a fresh twist by coating it in a delicious yoghurt Cajun marinade, serving it alongside herby bulgur wheat and a fresh tomato salsa. Adding a pinch of salt to the tomatoes really brings out their juices, which will make that salsa extra tasty! Flattening the turkey steaks tenderises the meat, decreases cooking time and also works as a great means of stress relief! And breathe.

35 mins

2 of your 5 a day

Very Hot

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Fine Grater**, **Measuring Jug**, **Mixing Bowl**, some **Clingfilm** and a **Frying Pan**. Now, let's get cooking!



1 PREP THE ONION

Halve, peel and thinly slice the **red onion** into half moons. Heat a drizzle of **oil** in a large saucepan on medium heat and add the **onion**. Cook until soft and slightly golden, 6-7 mins, stirring occasionally.



2 MAKE THE SALSA

Halve the **tomatoes** and pop into a bowl. Pick the **mint leaves** from their stalks and finely chop (discard the stalks). Add the **mint** to the **tomatoes** with a large pinch of **salt**, **black pepper** and the **olive oil** (amount specified in the ingredient list). Mix and set side. Twist and tear the **parsley** bunch in half. Pick the **parsley leaves** from their stalks and roughly chop. Finely chop the **stalks** (keep them separate). Grate the **lemon zest**.



3 COOK THE BULGUR

Once the **onion** is soft, pour in the **water** (amount specified in the ingredient list) and add the **chicken stock pot**. Stir to dissolve the **stock pot** and bring to the boil. Add the **bulgur wheat**, stir together and cover with a lid. Remove the pan from the heat and leave for 10-15 mins, or until the rest of the meal is ready. **★ TIP:** The water should completely soak into the wheat



4 BASH THE TURKEY

Put a quarter of the **Greek yoghurt** in a mixing bowl with the **lemon zest**, **parsley stalks**, **Cajun spice blend** (add less if you don't like it too hot) and **ground coriander**. Add a pinch of **salt** and **black pepper** and mix together. Place the **turkey steaks** between two sheets of clingfilm and bash with a rolling pin or the bottom of a frying pan until the **turkey** is 1cm thick. Add the **turkey** to the bowl with the **yoghurt marinade**, mix to coat it well.



5 PAN-FRY THE TURKEY

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Once the **oil** is hot, lay the **turkey steaks** in the pan and cook until golden on the outside and cooked through, 3-4 mins on each side (if your pan is small, do this in batches as you don't want to crowd the pan!) **★ TIP:** The turkey is cooked when it is no longer pink in the middle. When ready, transfer the **turkey** to a board and leave to rest for a few mins.



6 FINISH AND SERVE

Fluff up the **bulgur wheat** with a fork and add a squeeze of **lemon juice** and the **parsley leaves** (and any escaped meat juices from the resting turkey). Taste and add **salt**, **black pepper** and more **lemon juice** as required. Cut the **turkey** into thin slices. Serve the **herby bulgur** in bowls with the **turkey slices** laid over, a few spoonfuls of plain **Greek yoghurt** (not the remaining turkey marinade) and the **tomato salsa** on top. **Enjoy!**

2 PEOPLE INGREDIENTS

Red Onion, sliced	1
Mixed cherry plum tomatoes, halved	1 punnet
Mint, chopped	1 bunch
Olive Oil*	1 tbsp
Flat Leaf Parsley, chopped	1 large bunch
Lemon	½
Water*	300ml
Chicken Stock Pot	½
Bulgur Wheat 1)	150g
Greek Yoghurt 7)	1 pot
Cajun Spice Blend	1½ tsp
Ground Coriander	1½ tsp
Turkey Steak, bashed	2

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	662	125
(kJ)	2771	523
Fat (g)	20	4
Sat. Fat (g)	7	1
Carbohydrate (g)	74	14
Sugars (g)	17	3
Protein (g)	46	9
Salt (g)	1.73	0.00

ALLERGENS

1)Gluten 7)Milk

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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