



# SPICED TURKEY STEAK

with Crushed Beans and Chipotle Spiced Slaw



BALANCED RECIPE



## HELLO TURKEY

Turkey is a delicious lean white meat with 8% more protein than chicken breast. - a tasty choice if you're looking to build muscle!



Red Onion



Lime



Coriander



Mixed Beans



Central American Style Spice Mix



Chicken Stock Powder



Turkey Steak



Apple



Coleslaw Mix



Greek Yoghurt



Chipotle Paste

MEAL BAG

20 mins

1.5 of your 5 a day

Very hot

Balanced

Under 550 calories

High Protein

Super lean and packed with protein, turkey is a great addition to this weeknight favourite and works brilliantly with the punchy Central American style spices it's coated in. Served with a crunchy chipotle spiced slaw and creamy crushed beans, this healthy recipe is the perfect thing for an easy mid-week dinner. Top with chopped coriander, spring onion, a squeeze of fresh lime, and dig in!

GET PREPARED!

Get out your Utensils.

# BEFORE YOU START

🔧 Get out your **Utensils**. 🧼 **Wash** the veggies. 🍴 Make sure you've got a **Fine Grater, Sieve, Large Saucepan, Measuring Jug, Potato Masher, Large Frying Pan, Coarse Grater** and **Mixing Bowl**. Let's start cooking the **Spiced Turkey Steak with Crushed Beans and Chipotle Spiced Slaw**.



## 1 DO THE PREP

- Halve, peel and chop the **red onion** into small pieces.
- Zest, then halve the **lime**. Roughly chop the **coriander** (stalks and all).
- Drain and rinse the **mixed beans** in a sieve.



## 4 COOK THE TURKEY

- Heat a splash of **oil** in a large frying pan over medium-high heat. Season the **turkey steaks** with **salt** and sprinkle on the remaining **spice blend**. **! IMPORTANT: Remember to wash your hands and equipment after handling raw meat.**
- When the **oil** is hot, add the **turkey** and brown for 2 mins on each side. Lower the heat to medium and continue to fry until the **turkey** is cooked through, another 3-4 mins on each side. **! IMPORTANT: The turkey is cooked when it is no longer pink in the middle.**



## 2 START THE BEANS

- Heat a splash of **oil** in a large saucepan over medium heat. When hot, add the **onion**. Stir and cook until soft, 3-4 mins.
- Sprinkle on **half** the **Central American style spice mix**, stir and cook until fragrant, 1 minute. Stir in the **beans**.



## 5 COLESLAW TIME

- Use the coarse side of your grater to grate the **apple** (no need to peel) into a mixing bowl then pop in the **coleslaw mix**.
- Stir in the **Greek yoghurt, chipotle paste** and **half** the **lime zest**.
- Season with **salt** and **lime juice** to taste. Stir in **half** the **coriander**.



## 3 SIMMER THE BEANS

- Add the **water** (see ingredients for amount) and stir in the **stock powder**.
- Bring to the boil, lower the heat, then use a potato masher to mash the **beans** as they cook. Simmer until most of the water has evaporated and the **beans** have a hummus consistency, 6-7 mins. Stir frequently.



## 6 FINISH AND SERVE

- When the **beans** are ready, stir in the remaining **lime zest** and share between your plates. Pop the **slaw** alongside.
- Slice the **turkey** thinly and arrange on top of the **beans** and finish with a sprinkling of remaining **coriander** and a final squeeze of **lime**.

Enjoy!

# 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion *	1	1	2
Lime *	1	1½	2
Coriander *	1 bunch	1 bunch	1 bunch
Mixed Beans	1 carton	1½ cartons	2 cartons
Central American Style Spice Mix	1 small pot	¾ large pot	1 large pot
Water*	100ml	150ml	200ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Turkey Steak *	2	3	4
Apple *	1	1	2
Coleslaw Mix *	1 bag	1½ bags	2 bags
Greek Yoghurt 7) *	½ pouch	¾ pouch	1 pouch
Chipotle Paste	½ sachet	¾ sachet	1 sachet

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 476G	PER 100G
Energy (kJ/kcal)	1680 / 402	353 / 84
Fat (g)	8	2
Sat. Fat (g)	3	1
Carbohydrate (g)	28	6
Sugars (g)	13	3
Protein (g)	52	11
Salt (g)	1.04	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk

🧼 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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