



GENTLY-SPICED TURKEY

with Mustardy Warm Potato Salad and Roasted Tenderstem® Broccoli



HELLO CHIVES

Chives are the most delicate member of the onion family. Use a sharp knife or scissors to cut them or they'll bruise.



New Potatoes



Ground Cumin



Ground Coriander



Turkey Steak



Tenderstem® Broccoli



Chives



Lemon



Mayonnaise



Wholegrain Mustard



Flat Leaf Parsley



Honey

MEAL BAG

5

35 mins

1 of your 5 a day

This delicious dish proves that turkey isn't just for Christmas. Super lean and packed with flavour, we've coated our turkey steaks with ground cumin and coriander to give them a lovely golden crust when cooked. Paired with a fresh parsley dressing, warm potato salad and roasted tenderstem® broccoli, this dish will bring full on flavour to the table in no time at all.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! **Large Saucepan**, **Colander**, some **Baking Paper**, two **Baking Trays**, a **Frying Pan** and **Fine Grater**. Now, let's get cooking!



1 COOK THE POTATOES

Preheat your oven to 180°C and bring a large saucepan of **water** to the boil with a pinch of **salt** for the potatoes. Chop the **new potatoes** into 2cm chunks (no need to peel) and add to the saucepan of water. Boil for 10-15 mins, or until you can easily slip a knife through them, then drain in a colander.



2 MARINATE THE TURKEY

Meanwhile, put the **ground cumin** and **coriander** in a shallow dish, add a glug of **oil** and season with a good pinch of **salt** and **pepper**. Mix together, then add the **turkey steaks** and turn in the **mixture** until coated all over. Set aside. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



3 ROAST THE BROCCOLI

Put the **tenderstem**® on a lined baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out and roast on the top shelf of your oven until tender and crispy at the edges, 12-15 mins. Turn halfway, through cooking.



4 FRY THE TURKEY

Heat a splash of **oil** in a frying pan on high heat. When hot, carefully add the **turkey**, turn down the heat a little and fry for 1-2 mins on each side - you want a nice crust to form. Transfer to another baking tray and roast on the middle shelf of your oven until cooked through, 8-10 mins. **! IMPORTANT:** The turkey is cooked when it is no longer pink in the middle. When cooked, remove from the oven and allow to rest for a few minutes.



5 MAKE THE DRESSINGS

Finely chop the **chives** and zest the **lemon**. In a large bowl, combine the **mayonnaise**, **wholegrain mustard**, **chives** and **lemon zest** with a pinch of **salt** and a good grind of **pepper**. Set aside. Roughly chop the **parsley**. In a small bowl, combine the **parsley**, **honey**, a squeeze of **lemon juice** and the **oil** (see ingredients for amount). Season with **salt** and **pepper** and set aside.



6 FINISH AND SERVE

When the **potatoes** are cooked, allow them to sit in the colander for 5 mins before tossing them into the **mayonnaise dressing**. Season to taste with **salt** and **pepper** if needed. Slice the **turkey steaks** into 4-5 strips. Serve alongside the **warm potato salad** and **roasted tenderstem**®. Drizzle the **parsley dressing** over the **turkey**. Finish with any remaining **lemon**, cut into **wedges**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
New Potatoes	1 small pack	1 large pack	2 small packs
Ground Cumin	1 small pot	2/3 large pot	1 large pot
Ground Coriander	1 small pot	2/3 large pot	1 large pot
Turkey Steak	2	3	4
Tenderstem® Broccoli	1 small pack	1 large pack	2 small packs
Chives	1 bunch	1 1/2 bunches	2 bunches
Lemon	1	1 1/2	2
Mayonnaise 8) 9)	1 sachet	1 1/2 sachets	2 sachets
Wholegrain Mustard 9)	1 sachet	1 1/2 sachets	2 sachets
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Honey	1 sachet	1 1/2 sachets	2 sachets
Olive Oil*	1 tbsp	1 1/2 tbsp	2 tbsp

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 447G	PER 100G
Energy (kcal)	488	109
(kJ)	2040	456
Fat (g)	20	4
Sat. Fat (g)	2	1
Carbohydrate (g)	41	9
Sugars (g)	12	3
Protein (g)	39	9
Salt (g)	0.34	0.08

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

8) Egg 9) Mustard

! 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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