



# LEMON AND ROSEMARY TURKEY

with Creamy Pasta and Broccoli



## HELLO ROSEMARY

*Greek scholars wore sprigs of rosemary in their hair as it was thought to strengthen memory.*



Rosemary



Lemon



Turkey Steak



Chicken Stock Pot



Penne



Broccoli Florets



Baby Spinach



Wholegrain Mustard



Crème Fraîche



Hard Italian Cheese

MEAL BAG

Total: 20 mins

2 of your 5 a day

Rapid recipe

Long day? Too tired to cook? We know the feeling. At HelloFresh we believe that being short of time or stuck in a recipe rut shouldn't stop you from cooking and enjoying great food. This delicious dish proves that turkey isn't just for Christmas. Super lean and packed with flavour, we've marinated our turkey steaks with lemon and rosemary to bring a zesty kick to this comforting recipe. Full on flavour in double quick time.

GET **PREPARED!**

Fill and boil your **Kettle**.

## BEFORE YOU START

🔗 Fill and boil your **kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Large Saucepan, Fine Grater, Plate, Frying Pan**, some **Foil** and a **Colander**. Let's start cooking the **Lemon and Rosemary Turkey with Creamy Pasta and Broccoli**.



### 1 PREP THE VEGGIES

- Add your boiling **water** to a large saucepan and place on a high heat.
- Pick the **rosemary leaves** from their stalks and finely chop (discard the **stalks**).
- Zest** and then halve the **lemon**.



### 2 MARINATE THE TURKEY

- Pop the **turkey steak** on a plate and season with **salt** and **pepper**.
- Sprinkle on the **lemon zest** and **rosemary**. Drizzle over a splash of **oil**.
- Rub the flavourings into the **turkey**.



### 3 FRY THE TURKEY

- Heat a frying pan over medium-high heat (no **oil!**).
- Brown the **turkey** for 2 mins on each side.
- Continue to cook the **turkey**, turning occasionally, until no longer pink in the middle, another 6-8 mins.
- When the **turkey** is cooked, remove from the pan, wrap loosely with foil to keep warm.



### 4 COOK THE PASTA

- Meanwhile, add the **stock pot** to the boiling water and stir to dissolve. Add the **penne** and cook for 10 mins.
- After 6 mins, add the **broccoli florets** for the remaining 4 mins.
- In the last minute, stir in the **spinach**, then drain in a colander. Reserve a little of the **stock**.



### 5 FINISH OFF

- Return the **pasta** and veggies to the pan. Stir in the **mustard**, **crème fraîche** and 2 tbsp of **reserved stock**.
- Carefully mix and heat gently over medium heat to make sure everything is piping hot.
- Mix in the **hard Italian cheese**. Season with **salt** and **pepper** to taste.



### 6 SERVE

- Slice the **turkey steak** into thin strips.
- Share the **pasta** and **veggies** between your plates.
- Top with the **turkey** and a squeeze of **lemon juice** to finish!

ENJOY!

## 2 PEOPLE INGREDIENTS

Rosemary, chopped	1/2 bunch
Lemon	1/2
Turkey Steak	2
Chicken Stock Pot	1
Penne <sup>13</sup>	200g
Broccoli Florets	200g
Baby Spinach	1 small bag
Wholegrain Mustard <sup>9</sup>	1 tbsp
Crème Fraîche <sup>7</sup>	1 small pot
Hard Italian Cheese <sup>7</sup>	40g

NUTRITION UNCOOKED INGREDIENT	PER SERVING 498G	PER 100G
Energy (kcal)	773	155
(kJ)	3249	652
Fat (g)	24	5
Sat. Fat (g)	15	3
Carbohydrate (g)	78	16
Sugars (g)	11	2
Protein (g)	57	12
Salt (g)	3.44	0.69

### ALLERGENS

<sup>7</sup>) Milk <sup>9</sup>) Mustard <sup>13</sup>) Gluten

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

**Hard Italian Cheese:** Cow Milk, lactic acid cultures, salt, microbial rennet.

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

### 👍 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 or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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