



TURKEY FORESTIERE

with Mushroom Sauce and Pancetta Roasties



HELLO POTATO

Astronauts have been able to grow potatoes in space!



Potato



Thyme



Pancetta Lardons



Echalion Shallot



Closed Cup Mushrooms



Garlic Clove



Lemon



Turkey Steak



Crème Fraîche



Kale

MEAL BAG

45 mins

2 of your 5 a day

A French classic, the term 'à la forestiere' means "of the forest", and it is a technique where meat is accompanied by earthy and hearty flavours. Opting for turkey in this recipe, our chefs have paired the meat with a creamy mushroom sauce. Served with a side of crispy pancetta and fluffy roasties made with fresh thyme leaves for more of that wonderful earthy flavour, this dish is exactly what you want to come home to after a long day.

3

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, **Fine Grater**, some **Clingfilm**, and two **Frying Pans**. Now, let's get cooking!



1 ROAST THE POTATO

Preheat your oven to 200°C. Chop the **potato** into 2cm chunks (no need to peel). Pick the **thyme leaves** from their stalks (discard the stalks). Put the **potato** on a lined baking tray. Drizzle over a glug of **oil** and season with **salt** and **pepper**. Sprinkle on the **thyme** and toss. Roast on the top shelf of your oven for 20 mins, then add the **pancetta**. Cook until the **potato** and **pancetta** are both brown and crispy, another 7-10 mins. **! IMPORTANT:** The *pancetta* is cooked when it is no longer pink in the middle.



4 START THE SAUCE

Heat a splash of **oil** in a frying pan on medium heat. Add the **shallot** and cook until soft, 4-5 mins. Add the **garlic**, cook for 1 minute more. Add the **mushrooms**. Season with **salt** and **pepper**. Stir together and cook until the **mushrooms** are slightly browned, 6-7 mins. Add a squeeze of **lemon juice** and cook for a further 30 seconds. **★ TIP:** You can add more lemon later, so don't add too much here!



2 PREP THE VEGGIES

Meanwhile, halve, peel and chop the **shallot** into small pieces. Thinly slice the **mushrooms**. Peel and grate the **garlic** (or use a garlic press). Zest the **lemon** then halve.



5 PAN-FRY THE TURKEY

Lower the heat and stir in the **crème fraîche**. Taste and season with more **salt**, **pepper** or **lemon juice** if needed, then set aside. Season each **turkey steak** with **salt**, **pepper** and **lemon zest**. Heat a splash of **oil** in another frying pan on medium heat. Once hot, add the **turkey**. Fry for 4-5 mins on each side, then remove to a board to rest. **! IMPORTANT:** The turkey is cooked when it is no longer pink in the middle.



3 TENDERISE THE TURKEY

Lay out a sheet of clingfilm and place a **turkey steak** on top. Cover with another sheet of clingfilm. Using a frying pan or a rolling pin, bash the **turkey steak** until roughly 1cm thick. Repeat for each **steak**. Keep the **turkey** to one side. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



6 FINISH AND SERVE

When the **roasties** and **pancetta** are brown and crispy, remove from the oven. Add the **kale** (there's a lot, but it'll wilt down). Gently mix with the **pancetta roasties** and **kale** alongside, add another drizzle of **oil**, and return to the oven for 3 mins. Meanwhile, heat up the **mushroom sauce** and cut the **turkey steaks** into 2cm thick slices. Serve the **turkey** with the **roasties** and a good spoonful of **mushroom sauce** on top. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Thyme	3 sprigs	4 sprigs	6 sprigs
Pancetta Lardons *	1 small pack	1 medium pack	1 large pack
Echalion Shallot *	1	1½	2
Closed Cup Mushrooms *	1 small punnet	1 large punnet	1 large punnet
Garlic Clove *	1	2	2
Lemon *	½	¾	1
Turkey Steak *	2	3	4
Crème Fraîche 7) *	1 pouch	1½ pouches	2 pouches
Kale *	1 small bag	1 small bag	1 large bag

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 630G	PER 100G
Energy (kJ/kcal)	2659 / 636	422 / 101
Fat (g)	29	5
Sat. Fat (g)	13	2
Carbohydrate (g)	52	8
Sugars (g)	7	1
Protein (g)	54	9
Salt (g)	0.86	0.14

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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