

PAN-FRIED TURKEY STEAK

with Creamy Sage & Onion Lentils





HELLO GREEN BEANS

The green bean is also known as string bean owing to the string that ran along the side of the pod. It had to be removed prior to cooking- fortunately, a stringless bean was created.















Turkey Steak



Chicken Stock Powder





Apple & Sage Jelly

Crème Fraîche



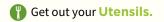






Quick, simple and comforting this delicious 20-minute recipe from our Head Chef André is the perfect thing for cosy nights at home. Super lean and a great source of protein, turkey is a great addition to this weeknight favourite and works brilliantly with the classic flavours in this dish. Green beans, onion, sage, and lentils are gently combined to create a velvety sauce that works brilliantly with the golden pan-fried turkey steaks. Topped with a sprinkling of chopped walnuts for an added layer of texture, you can't go wrong with this delicious recipe.







PREP TIME

- a) Halve, peel and thinly slice the onion.
- b) Trim the green beans then chop into thirds.
- c) Pick the sage leaves from their stalks and thinly slice (discard the stalks).
- d) Drain and rinse the **lentils** in a sieve.



2 COOK THE TURKEY

- a) Heat a splash of oil in a frying pan over medium-high heat.
- b) Season the turkey with salt and pepper. When the oil is hot, brown the turkey for 1 minute on each side then lower the heat to medium and sprinkle on half the sage.
- c) Continue until cooked through, 3-4 mins on each side. **!!** IMPORTANT: The turkey is cooked when it is no longer pink in the middle.
- d) When the turkey is cooked, transfer to a plate and cover with foil to keep warm.



3 START THE LENTILS

- a) Meanwhile, heat a splash of **oil** in a large saucepan over medium-high heat.
- b) Add the onion, and green beans. Stir and cook until softened, 3 mins.
- c) Add the remaining **sage** and cook for 1 minute.
- d) Add the water (see ingredients for amount) and stock powder. Stir to dissolve.



Walnuts 2)

In order of use

Green Beans *

Turkey Steak *

Chicken Stock

Apple & Sage Jelly

Crème Fraîche 7) *

Onion 🌞

Sage *

Lentils

Water*

Powder

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 440G	PER 100G
Energy (kJ/kcal)	2004/479	454/ 109
Fat (g)	20	5
Sat. Fat (g)	7	1
Carbohydrate (g)	28	6
Sugars (g)	16	4
Protein (g)	49	11
Salt (g)	0.55	0.12
Salt (g)	0.55	0.12

INGREDIENTS

1 1 small

pack

½ bunch

carton

2

½ sachet

1 pot

½ pouch

1 bag

1

1 medium

pack

34 bunch

11/2

cartons

3

150ml

3/4 sachet

1½ pots

¾ pouch

1½ bags

2

2 small

packs

1 bunch

2

cartons

4

1 sachet

2 pots

1 pouch

2 bags

Nutrition for uncooked ingredients based on 2 person recipe. **ALLERGENS**

2) Nut 7) Milk



4 SIMMER THE LENTILS

- a) Add the lentils and the apple and sage **jelly** to the saucepan.
- b) Stir to dissolve the jelly and then add the crème fraîche. Bring to the boil, then simmer for 2 mins to make sure the lentils are piping hot. Remove from the heat.



5 FINISH UP

- a) Stir any resting juices from the turkey into the lentils.
- b) Taste the lentils and season with salt and **pepper** if necessary.



6 SERVE

- a) Share the creamy lentils between your bowls.
- b) Top with the turkey steak and finish with a sprinkling of walnuts.

Eniov!

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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