



# 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.*



Onion



Green Beans



Sage



Lentils



Turkey Steak



Chicken Stock Powder



Apple & Sage Jelly



Crème Fraîche



Walnuts

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.

20 mins

3 of your 5 a day

Rapid recipe

GET **PREPARED!**

Get out your **Utensils.**



## BEFORE YOU START

- 🔪 Get out your **Utensils**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Sieve**, **Frying Pan**, some **Foil**, a **Large Saucepan** and **Measuring Jug**. Let's start cooking the **Pan-Fried Turkey Steak with Creamy Sage & Onion Lentils**.



### 1 PREP TIME

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



### 2 COOK THE TURKEY

- Heat a splash of **oil** in a frying pan over medium-high heat.
- 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**.
- Continue until cooked through, 3-4 mins on each side. **IMPORTANT:** The turkey is cooked when it is no longer pink in the middle.
- When the **turkey** is cooked, transfer to a plate and cover with foil to keep warm.



### 3 START THE LENTILS

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



### 4 SIMMER THE LENTILS

- Add the **lentils** and the **apple and sage jelly** to the saucepan.
- 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

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



### 6 SERVE

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

Enjoy!

## 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion *	1	1	2
Green Beans *	1 small pack	1 medium pack	2 small packs
Sage *	½ bunch	¾ bunch	1 bunch
Lentils	1 carton	1½ cartons	2 cartons
Turkey Steak *	2	3	4
Water*	100ml	150ml	200ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Apple & Sage Jelly	1 pot	1½ pots	2 pots
Crème Fraîche 7) *	½ pouch	¾ pouch	1 pouch
Walnuts 2)	1 bag	1½ bags	2 bags

\*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

Nutrition for uncooked ingredients based on 2 person recipe.

#### ALLERGENS

2) Nut 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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