



TURKEY STEAKS

with Oven-Baked Leek & Pea Risotto and Tomato Salad



HELLO PEAS

Peas are one of the most popular pizza toppings in Brazil!



Leek



Garlic Clove



Thyme



Water



Chicken Stock Pot



Turkey Steak



Arborio Rice



Peas



Hard Italian Cheese



Red and Yellow Cherry Tomatoes



Vine Tomato



Olive Oil



Basil



Crème Fraîche

MEAL BAG

Hands-on: 15 mins
Total: 40 mins



Family box

2.5 of your
5 a day

Enjoy Within 2
days

Word reached us that you love risotto but sometimes aren't so keen on all the stirring involved. What if we told you there was a way to get that deliciously comforting, creamy rice without all the elbow work? You'd be pleased, right? Well, tonight's dinner teams turkey steaks with a risotto you can bake in the oven. Time to go no-stir crazy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Measuring Jug**, **Ovenproof Casserole Dish** (with a **Lid** or some **Foil**), **Frying Pan** and **Large Bowl**. Now, let's get cooking!



1 MAKE THE STOCK

Preheat your oven to 200°C and boil your kettle. Remove the root and dark green top from the **leek**, halve lengthways and slice into thin half moons. Peel and grate the **garlic** (or use a garlic press). Pick the **thyme leaves** from their stalks (discard the stalks). Pour the boiling **water** (amount specified in the ingredient list) into a measuring jug. Add the **chicken stock pot** and stir to dissolve.



2 MARINATE THE TURKEY

Pop the **turkey steak** onto a plate and drizzle on a little **oil**. Season with **salt** and **pepper** and sprinkle over **half** the **thyme**. Rub the flavourings into the **meat**, then set aside.
★ **TIP:** Remember to wash your hands after handling raw meat!



3 MAKE THE RISOTTO

Heat a splash of **oil** in an ovenproof dish on medium heat, add the **leek**. Cook until soft, 5-6 mins. Add the **garlic**, **arborio rice** and remaining **thyme**. Stir to coat the **rice** in the **oil**, then pour in the **chicken stock** and bring to the boil. Cover with a tight fitting lid (or foil). Bake on the middle shelf of your oven for 20 mins. After 10 mins of cooking time, add the **peas** and return the **risotto** to your oven to finish cooking.



4 PAN-FRY THE TURKEY

Meanwhile, heat a splash of **oil** in a frying pan on medium-high heat. Pan-fry the **turkey steak** until browned, 5-6 mins on each side.
★ **TIP:** The turkey is cooked when it is no longer pink in the middle. If your pan is small, fry the turkey in batches. When cooked, remove the pan from the heat and sprinkle **half** the **hard Italian cheese** over the **turkey**. Leave to rest for a minute on a board.



5 MAKE THE SALAD

While the turkey cooks, halve the **cherry tomatoes** and pop them in a large bowl. Chop the **vine tomato** into roughly 2cm chunks and add to the bowl. Season with a good pinch of **salt** and drizzle on the **olive oil** (amount specified in the ingredient list). Pick the **basil leaves** from their stalks (discard the stalks). Tear **half** the **basil leaves** over the **tomato salad**.



6 FINISH AND SERVE

When the **risotto** has absorbed all of the **stock**, remove it from the oven and stir in the **crème fraîche** and remaining **hard Italian cheese**. Taste and season with **salt** and **pepper**, then spoon into bowls. Slice the **turkey steak** into 1cm thick strips and place on top. Serve the **tomato salad** on the side with the remaining **basil leaves** torn over. **Enjoy!**

2 PEOPLE INGREDIENTS

Leek, sliced	½
Garlic Clove, grated	1
Thyme	½ bunch
Water *	400ml
Chicken Stock Pot	1
Turkey Steak	2
Arborio Rice	175g
Peas	½ pack
Hard Italian Cheese ⁷⁾	40g
Red and Yellow Cherry Tomatoes, halved	½ punnet
Vine Tomato, chopped	2
Olive Oil *	1 tbsp
Basil, torn	½ bunch
Crème Fraîche ⁷⁾	½ small pot

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	674	143
(kJ)	2838	602
Fat (g)	21	5
Sat. Fat (g)	10	2
Carbohydrate (g)	81	17
Sugars (g)	9	2
Protein (g)	41	9
Salt (g)	2.94	0.62

ALLERGENS

⁷⁾ Milk

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.

👍 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. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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