



SUN-DRIED TOMATO TURKEY PASTA

with Roasted Broccoli and Parsley



NUTRITIONIST APPROVED



HELLO BROCCOLI

1 cup of broccoli provides 100% of your daily vitamin C and Vitamin K intake. In order to maintain the nutrient content, broccoli should be steamed or microwaved as boiling it causes the vitamin C to leach into the water.



Broccoli



Echalion Shallot



Garlic Clove



Flat Leaf tParsley



Sun-Dried Tomatoes



Turkey Breast



Chicken Stock Powder



Whole Wheat Penne



Balsamic Vinegar



Italian Style Grated Hard Cheese

MEAL BAG

20 mins

1.5 of your 5 a day

Low in sugar

Balanced

Under 550 calories

Low in sat fat

Super lean and packed with protein, turkey is a great addition to this delicious pasta recipe. Turkey pieces are combined with sun-dried tomatoes, sweet onions, parsley and garlic for a sauce that packs a serious flavour punch. In this recipe, we've used wholewheat penne as the nuttier flavour works brilliantly with the fresh flavours of this dish and will leave you feeling fuller for longer.

GET **PREPARED!**

Fill and boil your **Kettle**.

BEFORE YOU START

🔥 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got some **Foil**, a **Baking Tray**, **Fine Grater** (or **Garlic Press**), **Large Saucepan**, **Colander**, **Large Frying Pan** and **Measuring Jug**. Let's start cooking the **Sun-Dried Tomato Turkey Pasta with Roasted Broccoli and Parsley**.



1 GET PREPARED

- Preheat your oven to 200°C.
- Chop the **broccoli** into florets (like small trees).
- Pop the **broccoli** onto a baking tray and drizzle with a little **oil**, **salt** and **pepper**. Roast on the top shelf of the oven until crisp and tender, 12-15 mins.



4 START THE SAUCE

- While the whole wheat pasta cooks, heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **turkey**, and sliced **shallot**.
- Cook, turning occasionally, until the **turkey** has browned all over and the **shallot** is soft, 5-6 mins.



2 DO THE PREP

- Meanwhile, halve, peel and thinly slice the **shallot**.
- Finely chop the **sun-dried tomatoes**. Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).
- Chop the **turkey breasts** into 2cm pieces. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



5 FINISH THE SAUCE

- Stir the **garlic** and **basilic vinegar** into the pan and cook for one minute.
- Add the soaked **sun-dried tomatoes** and the **liquid** to the pan.
- Bring to the boil then reduce the heat and simmer until the **turkey** is cooked and the **sauce** has slightly reduced, 5-8 mins, stirring occasionally. **IMPORTANT:** The turkey is cooked when it is no longer pink in the middle!



3 COOK THE WHOLE WHEAT PASTA

- Pop the **sun-dried tomatoes** into a measuring jug and cover with boiling **water** (see ingredients for amount). Stir in the **stock powder** and keep to one side.
- Fill a large saucepan with the boiling **water** from the kettle. Bring back to the boil, then add the **whole wheat pasta** (see ingredients for amount) and a good pinch of **salt**. Boil for 10 mins then drain in a colander.



6 COMBINE AND SERVE

- Stir **half** the **parsley** and **cheese** into the **sauce**. Add the **whole wheat pasta** to the pan and gently mix to coat the **whole wheat pasta** well. Season to taste with lots of **pepper** and **salt** (if necessary).
- Serve in bowls with the **broccoli** on top and finish with a sprinkle of remaining **cheese** and **parsley**.

Enjoy!

2 - 4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|--|----------|------------|-----------|
| Broccoli | ½ | 1 | 1 |
| Echalion Shallot * | 1 | 1½ | 2 |
| Garlic Clove * | 1 | 2 | 3 |
| Flat Leaf Parsley * | 1 bunch | 1 bunch | 1 bunch |
| Sun-Dried Tomatoes | ½ bag | ¾ bag | 1 bag |
| Turkey Breast * | 2 | 3 | 4 |
| Water* | 100ml | 150ml | 200ml |
| Chicken Stock Powder | ½ sachet | ¾ sachet | 1 sachet |
| Whole Wheat Penne (13) | 150g | 225g | 300g |
| Balsamic Vinegar (14) | 1 sachet | 1½ sachets | 2 sachets |
| Italian Style Grated Hard Cheese (7) (8) * | ½ pack | ¾ pack | 1 pack |

*Not Included

* Store in the Fridge

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 334G | PER 100G |
|-----------------------------------|------------------|-----------|
| Energy (kJ/kcal) | 2199 / 526 | 658 / 157 |
| Fat (g) | 7 | 2 |
| Sat. Fat (g) | 3 | 1 |
| Carbohydrate (g) | 58 | 17 |
| Sugars (g) | 8 | 3 |
| Protein (g) | 56 | 17 |
| Salt (g) | 1.44 | 0.43 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 13) Gluten 14) Sulphites

Whole Wheat Penne Pasta. Ingredients: Durum whole wheat semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

🧼 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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