



# DINNER - TURKEY ROAST DINNER

## LUNCH - TURKEY GRAIN BOWL

DINNER SOLVED  
HELLO LUNCH!

*Yummy dinner, delicious lunch all in one shot, well done you!*



DINNER

LUNCH



Potato



Red Pepper



Broccoli



Zahtar Spice



Chicken Stock Powder



Bulgur Wheat



Baby Spinach



Turkey Steak



Rich Redcurrant Jelly



Garlic Clove



Kale



Mint



Lemon

MEAL BAG  
18

### DINNER TO LUNCH

Transform dinner into a tasty new lunch!

**DINNER: 35mins** **LUNCH: 5mins**

Our new “Dinner To Lunch” recipes are a great time-saving option that let you cook for two mealtimes in one go. With a few additional ingredients, you can transform tonight’s dinner into a tasty new dish for lunch the next day, saving time and making lunch as fresh and exciting as dinner time. In this recipe, enjoy delicious roasted turkey steaks with crispy roast potatoes and garlicky stir-fried kale for dinner, then add the remaining turkey to a healthy and hearty bulgur, fresh mint and broccoli salad. Win-win!

# BEFORE YOU START

🔥 **Preheat** your oven to **200°C**. 🧼 **Wash** the Veggies. 🍴 **Make sure** you've got two **Baking Trays**, a **Measuring Jug**, **Large Saucepan** (with a **Lid**), two **Large Frying Pans**, some **Foil** and a **Fine Grater**. Now, let's get cooking your **Dinner** and **Lunch**!



**1 ROAST**  
Chop the **potato** into 2cm chunks. Pop on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Roast on the top shelf of your oven until golden, 30-35 mins.

Halve the **pepper** and discard the core and seeds. Chop into 2cm pieces. Chop the **broccoli** into florets (like small trees).

Pop both on another tray and drizzle with **oil**. Season with **salt**, **pepper** and the **zahtar spice**. Roast on the middle shelf until soft, 25-30 mins.



**2 COOK THE BULGUR**  
Meanwhile, pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil.

Stir in **half** the **stock powder**, the **bulgur** and the **spinach**, bring back to the boil, pop a lid on the pan and remove from the heat.

Leave to the side for 12-15 mins or until ready to serve.



**3 TURKEY TIME!**  
Heat a drizzle of oil in a large frying pan on high heat. Season the **turkey steaks** with **salt** and **pepper**.

When hot, lay the **turkey steaks** in the pan and fry until golden, 2-3 mins each side.

Transfer to the tray with the **potato** and roast until cooked through, 8-10 mins.

⚠️ **IMPORTANT:** *The turkey is cooked when it is no longer pink in the middle. When cooked, transfer to a board and leave to rest, loosely covered in foil.*



**4 MAKE THE JUS**  
Return the now empty turkey pan to medium heat.

Add the **redcurrant jelly**, remaining **stock powder** and a splash of **water** and bring to the boil, stirring to dissolve the **jelly**.

Simmer until thick and glossy, 3-4 mins then remove from the heat.

Peel and grate the **garlic** (or use a garlic press).



**5 FINISH AND SERVE**  
A few mins before you are ready to serve, heat a drizzle of **oil** in another large frying pan.

Add the **kale** and **garlic** and stir-fry until wilted, 3-4 mins. Season with **salt** and **pepper**.

Reheat the **redcurrant jus** if needed (just add a little more water if too thick!). Slice the **turkey** (one steak per person) and serve the **roast potatoes**, **garlicky kale** and **turkey** drizzled with your **redcurrant jus**. **Enjoy!**



**6 PACK YOUR LUNCH**  
Chop up the remaining **turkey**. Pop in a large bowl with the **pepper**, **broccoli** and **bulgur**.

Pick the **mint leaves** from their stalks and roughly chop (discard the **stalks**).

Zest and halve the **lemon**. Add the **mint**, **lemon zest** and a squeeze of **juice** to the bowl and mix.

Allow to cool then divide between your containers and refrigerate. Reheat in the microwave until piping hot or eat cold. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Red Pepper *	1	1	1
Broccoli *	1	1	1
Zahtar Spice 3)	1 small pot	1 small pot	1 small pot
Water*	200ml	200ml	200ml
Chicken Stock Powder	1 sachet	1 ¼ sachets	1 ½ sachets
Bulgur Wheat 13)	100g	100g	100g
Baby Spinach *	1 small bag	1 small bag	1 small bag
Turkey Steak *	4	5	6
Rich Redcurrant Jelly	1 pot	1 ½ pots	2 pots
Garlic Clove *	1	2	2
Kale *	1 small pack	1 large pack	2 small packs
Mint *	1 bunch	1 bunch	1 bunch
Lemon *	1	1	1

\*Not Included \* Store in the Fridge

## ALLERGENS

3) Sesame 13) Gluten

## NUTRITION FOR UNCOOKED INGREDIENTS

DINNER	PER SERVING: 403G	PER 100G
Energy (KJ/kcal)	1741/ 413	432/ 102
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	53	13
Sugars (g)	10	2
Protein (g)	46	11
Salt (g)	0.46	0.11

LUNCH	PER SERVING: 542G	PER 100G
Energy (KJ/kcal)	2063/ 496	381/ 91
Fat (g)	6	1
Sat. Fat (g)	1	1
Carbohydrate (g)	50	9
Sugars (g)	10	2
Protein (g)	55	10
Salt (g)	0.79	0.15

Nutrition for uncooked ingredients based on 2 person recipe.

🧼 *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.*



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