

DINNER - TURKEY ROAST DINNER LUNCH - TURKEY GRAIN BOWL

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



DINNER TO LUNCH Transform dinner into a tasty new lunch! DINNER: 35mins LUNCH: 5mins

MEAL BAG

***18**

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. Successful and a Fine Grater. Now, let's get cooking your Dinner and Lunch!



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.



A 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).



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.

FINISH AND SERVE

A few mins before you are ready to serve,

heat a drizzle of **oil** in another large frying pan.

wilted, 3-4 mins. Season with salt and pepper.

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!

Add the kale and garlic and stir-fry until

Reheat the redcurrant jus if needed (just



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. **1** *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.



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!**

INGREDIENTS

	2P	3P	4P
Dotato 🚸	1 small	1 large	2 small
Potato 🚸	pack	pack	packs
Red Pepper 🚸	1	1	1
Broccoli 🚸	1	1	1
Zahtar Spice 3)	1 small	1 small	1 small
Zantar Spice 3)	pot	pot	pot
Water*	200ml	200ml	200ml
Chicken Stock Powder	1	1¼	1½
CHICKEN SLOCK FOWLER	sachet	sachets	sachets
Bulgur Wheat 13)	100g	100g	100g
Daby Spinach	1 small	1 small	1 small
Baby Spinach 🚸	bag	bag	bag
Turkey Steak 🊸	4	5	6
Rich Redcurrant Jelly	1 pot	1½ pots	2 pots
Garlic Clove 🚸	1	2	2
Kale *	1 small	1 large	2 small
Nale 🖈	pack	pack	packs
Mint 🚸	1 bunch	1 bunch	1 bunch
Lemon 🍀	1	1	1

*Not Included 🚸 Store in the Fridge

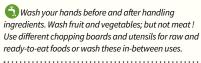
ALLERGENS

3) Sesame 13) Gluten

NUTRITION FOR UNCOOKED INGREDIENTS

DINNER	PER SERVING: 403G	PER 100G
Energy (KJ/kcal)	1741/413	432/102
	3	1
Fat (g)	-	=
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
LUNCH Energy (KJ/kcal)	PER SERVING: 542G 2063/496	PER 100G 381/91
Energy (KJ/kcal)	2063/ 496	381/91
Energy (KJ/kcal) Fat (g)	2063/ 496 6	381/91 1
Energy (KJ/kcal) Fat (g) Sat. Fat (g)	2063/ 496 6 1	381/91 1 1
Energy (KJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	2063/496 6 1 50	381/91 1 1 9

Nutrition for uncooked ingredients based on 2 person recipe.





Packed in the UK

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