



# TURKEY FINGERS

with Spicy Summer Slaw and Roasted Sweet Potato

SPICY

PRONTO



HELLO

SMOKE SHOW

It's a proudly Canadian-made hot sauce is smoky, sweet and spicy!

PREP: 10 MIN

TOTAL: 30 MIN

CALORIES: 506



Turkey Scallopine



Sweet Potato



Carrot-Purple Cabbage Slaw



Parsley



Mayonnaise



White Wine Vinegar



Smoke Show Hot Sauce



All-Purpose Flour



Baking Powder



## BUST OUT

- Baking Sheet
- Whisk
- Large Bowl
- Small Bowl
- Large Non-Stick Pan
- Sugar (1 tsp | 2 tsp)
- Measuring Spoons
- Salt and Pepper
- Paper Towel
- Olive or Canola oil
- Shallow Dish

## INGREDIENTS

2-person | 4-person

- Turkey Scallopine 340 g | 680 g
- Sweet Potato 340 g | 680 g
- Carrot-Purple Cabbage Slaw 227 g | 454 g
- Parsley 10 g | 20 g
- Mayonnaise 3,4 2 tbsp | 4 tbsp
- White Wine Vinegar 9 1 tbsp | 2 tbsp
- Smoke Show Hot Sauce 6,9 2 tbsp | 4 tbsp
- All-Purpose Flour 1 1 tbsp | 2 tbsp
- Baking Powder 9 ½ tsp | 1 tsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 74°C/165°F.



## START STRONG

Preheat the oven to **425°F** (to bake the sweet potatoes). Start prepping when the oven comes up to temperature!



**1 ROAST SWEET POTATOES**  
Wash and dry all produce.\* On a baking sheet, toss the **sweet potatoes** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, turning the sweet potatoes over halfway through cooking, until golden-brown, 20-22 min. (**NOTE:** This healthier version won't get crispy like deep-fried fries!)



**2 PREP TURKEY**  
Meanwhile, pat the **turkey** dry with paper towels. Cut the turkey lengthwise into ½-inch strips, then season with **salt** and **pepper**. In a shallow dish, combine the **flour** and **baking powder**. Working with one strip at a time, press the turkey strips firmly into the flour mixture, until completely covered.



**3 COOK TURKEY**  
Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **turkey**. Cook until golden-brown all over and cooked through, 6-8 min. (**TIP:** Cook to a minimum internal temp. of 74°C/165°F, as size may vary.\*\*) (**NOTE:** Cook in batches for 4 ppl.)



**4 PREP**  
Meanwhile, roughly chop the **parsley**. In a large bowl, whisk together **1 tbsp Smoke Show sauce** (double for 4 ppl), **1 tbsp vinegar** (double for 4 ppl), **1 tsp sugar** (double for 4 ppl) and **1 tbsp oil** (double for 4 ppl). Add the **cabbage-carrot mixture** and parsley. Toss to combine.



**5 MAKE SPICY MAYO**  
In a small bowl, stir together the **mayo** and **remaining Smoke Show sauce**.



**6 FINISH AND SERVE**  
Divide the **turkey**, **spicy slaw** and **sweet potatoes** between plates. Serve the **Smoke Show-mayo** on the side as a dipping sauce.

## DIP

Our turkey fingers and roasted sweet potato are perfect for dipping