



# CAJUN BLACKENED TURKEY & GREEN BEAN TOMATO SALAD

with Roasted Potatoes



## HELLO

### BLACKENING

This is the Cajun technique of searing in a hot pan. It's all about getting that perfect crust from aromatic spices!

TIME: 30 MIN



Turkey Scallopine



Yellow Potato



Cajun Seasoning



Garlic Salt



Dijon Mustard



Shallot



Cherry Tomatoes



Sour Cream



Green Beans



White Wine Vinegar

## BUST OUT

- Plastic Wrap
- Rolling Pin
- 2 Medium Bowls
- Baking Sheet
- Small Bowl
- Whisk
- Sugar (1 ¼ tsp)
- Measuring Spoons
- Paper Towels
- Aluminum Foil
- Large Non-Stick Pan
- Salt and Pepper
- Olive or Canola Oil

## INGREDIENTS

4-person

- Turkey Scallopine 680 g
- Yellow Potato 600 g
- Cajun Seasoning 9 2 tbsp
- Garlic Salt 9 1 ½ tsp
- Dijon Mustard 6,9 1 tbsp
- Shallot 100 g
- Cherry Tomatoes 227 g
- Sour Cream 2 6 tbsp
- Green Beans 340 g
- White Wine Vinegar 9 2 tbsp

## 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 Fish/Poisson
- 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 **450°F** (to roast potatoes). Start prepping when the oven comes up to temperature!



### 1 ROAST POTATOES

**Wash and dry all produce.\*** Cut **potatoes** into 1-inch pieces. On a baking sheet, toss **potatoes** and **half the garlic salt** with **2 tbsp oil**. Season with **pepper**. Roast in **middle** of oven, until golden-brown, 25-28 min.



### 4 PAN-FRY TURKEY

Using the same pan, increase heat to medium-high. When hot, add **2 tbsp oil**, then **turkey**. Pan-fry, until 'blackened' or dark golden-brown and cooked through, 3-4 min per side. (Depending on the size of your pan, you may need to do this in batches!) (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.\*\*)



### 2 PREP

While **potatoes** roast, peel, then thinly slice **shallot**. Trim **beans**. Halve **tomatoes**. In a small bowl, stir together **Cajun seasoning**, **remaining garlic salt** and **¼ tsp sugar**. Season with **pepper**. Pat **turkey** dry with paper towels. On a clean cutting board, place and cover **each turkey** with plastic wrap. Using a rolling pin or heavy-bottomed pan, pound **each turkey** until ½-inch thick. Sprinkle over **Cajun mixture**.



### 5 MAKE DRESSING

While **turkey** cooks, in another medium bowl, whisk together **sour cream**, **mustard**, **vinegar**, **1 tsp sugar** and **2 tbsp water**. Season with **salt** and **pepper**. To the **veggies**, add **tomatoes** and **half the dressing**. Toss together.



### 3 COOK VEGGIES

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **beans** and **shallots**. Cook, stirring occasionally, until **beans** are tender-crisp, 5-6 min. Season with **salt** and **pepper**. Remove pan from heat and transfer **veggies** to a medium bowl. Cover to keep warm and set aside.



### 6 FINISH AND SERVE

Divide **turkey**, **veggies** and **potatoes** between plates. Drizzle **remaining dressing** over **turkey**.

## PACK IT UP!

Any leftover salad will make a great lunch the next day!

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