



# CAJUN BLACKENED TURKEY AND ROASTED POTATOES

with Green Bean Salad

PRONTO



## 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



Green Beans



Yellow Potato



Cajun Seasoning



Garlic Salt



Dijon Mustard



Shallot



Cherry Tomatoes



Sour Cream



White Wine Vinegar



## BUST OUT

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

## INGREDIENTS

2-person | 4-person

- Turkey Scallopine 340 g | 680 g
- Green Beans 170 g | 340 g
- Yellow Potato 300 g | 600 g
- Cajun Seasoning 9 1 tbsp | 2 tbsp
- Garlic Salt 9 ½ tsp | 1 tsp
- Dijon Mustard 6,9 1 ¼ tsp | 2 ½ tsp
- Shallot 50 g | 100 g
- Cherry Tomatoes 113 g | 227 g
- Sour Cream 2 3 tbsp | 6 tbsp
- White Wine Vinegar 9 1 tbsp | 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 **¼ tsp garlic salt** (dbl for 4 ppl) with **1 tbsp oil** (dbl for 4 ppl). Season with **pepper**. Roast in **middle** of oven, until **potatoes** are golden-brown, 25-28 min.



**4 COOK VEGGIES**  
Meanwhile, wipe the same pan clean. Heat pan over medium heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **green beans** and **shallots**. Cook, stirring occasionally, until **beans** are tender-crisp, 5-6 min. Season with **salt** and **pepper**. Remove pan from heat. Transfer **veggies** to a medium bowl. Cover to keep warm. Set aside.



**2 PREP**  
Meanwhile, peel, then cut **shallot(s)** into ¼-inch slices. Cut stems off **beans**, if needed. Halve **tomatoes**. In a small bowl, stir together **1 tbsp Cajun seasoning** (dbl for 4 ppl), **¼ tsp garlic salt** (dbl for 4 ppl), **½ tsp sugar** (dbl for 4 ppl). Season with **pepper**. Pat **turkey** dry with paper towel. On a clean cutting board, place and cover **each scallopine** with plastic wrap. Using a mallet, rolling pin, or heavy-bottomed pan, pound **each scallopine** until ½-inch thick. Sprinkle over **Cajun mixture**.



**5 MAKE DRESSING**  
In another small bowl, whisk together **sour cream**, **mustard**, **1 tbsp vinegar** (dbl for 4 ppl), **½ tsp sugar** (dbl for 4 ppl) and **1 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. In the medium bowl with **green beans**, add **tomatoes** and **half the dressing** from the small bowl. Toss together.



**3 PAN-FRY TURKEY**  
Heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **turkey**. Pan-fry, until 'blackened' or dark golden-brown and cooked through, 3-4 min per side. (**TIP:** Cook to a min internal temp. of 74°C/165°F, as size may vary.\*\*\*) Remove pan from heat. Transfer **turkey** to a plate. Cover with foil 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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