



FESTIVE PAN-FRIED TURKEY

with Sweet Potato, Nut Stuffing and Sagey Pan-Sauce



XXX

XXXXX



Sweet Potato



Echalion Shallot



Sage



Hazelnuts



Brussels Sprouts



Dried Cranberries



Turkey Steak



White Wine Vinegar



Chicken Stock Powder



Rich Redcurrant Jelly

MEAL BAG

40 mins

5 of your 5 a day



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a some **Baking Paper**, two **Large Baking Trays**, a **Frying Pan**, **Mixing Bowl**, some **Foil** and a **Measuring Jug**. Now, let's get cooking!



1 ROAST THE SWEET POTATO

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm chunks (no need to peel) and pop on a large lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then arrange in a single layer and roast on the top shelf of your oven until starting to colour, 15-20 mins. Turn halfway through cooking.



2 DO THE PREP

Meanwhile, half, peel and finely slice the **shallot**. Pick the **sage leaves** from their stalks and finely chop (discard the stalks). Roughly chop the **hazelnuts**. Trim the **brussels sprouts** then chop in half and pop on another large lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, spread out, then set aside - we will roast them later.



3 MAKE THE STUFFING

Heat a drizzle of **oil** in a frying pan on medium heat and add the **shallot**. Cook, stirring, until soft, 3-4 mins. Stir in the **hazelnuts**, **dried cranberries** and **half the sage**. Remove from the heat and tip the **stuffing** into a mixing bowl. Season to taste with a pinch of **salt** and **pepper**. Cover with foil to keep warm and set to one side.



4 TURKEY TIME

Return the pan to medium-high heat. Add a splash of **oil**. Once hot, place the **turkey steaks** in the pan and fry until golden brown, 2-3 mins each side. Season with **salt** and **pepper**. Transfer to the tray with the **sweet potato** (keep the frying pan!) and pop the tray onto the middle shelf of your oven. Roast until cooked, 10-15 mins. At the same time, roast the **sprouts** on the top shelf until tender and crispy, 8-10 mins.



5 SIMMER THE PAN-SAUCE

Return the now empty frying pan to medium-high heat. Pour in the **white wine vinegar**. Stir well, scraping the pan with a wooden spoon to get all the tasty bits left behind by the turkey! Add the **water** (see ingredients for amount), **stock powder** and **redcurrant jelly** and stir to dissolve. Simmer and reduce until you have a slightly thickened **sauce**, 5 mins. Add the remaining **sage** and season to taste with **salt** and **pepper**.



6 FINISH UP

Once everything is cooked, stir the **brussels sprouts** and **sweet potato** into the bowl with the rest of the **stuffing**. Place the **turkey steaks** on a chopping board and thinly slice. Dived the **stuffing** between your plates with the **turkey slices** on top. Spoon over the **sagey pan-sauce**. **Tuck in!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato *	600g	850g	1.2kg
Echalion Shallot *	1	2	2
Sage *	1 bunch	1 bunch	1 bunch
Hazelnuts 2)	1 bag	2 bags	2 bags
Brussels Sprouts *	1 small pack	1 large pack	2 small packs
Dried Cranberries	1 bag	1 bag	2 bags
Turkey Steak *	2	3	4
White Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Water*	250ml	375ml	500ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Rich Redcurrant Jelly	1 pot	1½ pots	2 pots

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 592G	PER 100G
Energy (kcal)	644	109
(kJ)	2694	455
Fat (g)	11	2
Sat. Fat (g)	2	1
Carbohydrate (g)	91	15
Sugars (g)	39	7
Protein (g)	49	8
Salt (g)	1.09	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 14) Sulphites

🧼 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.

👍 THUMBS UP OR THUMBS DOWN?

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