



Hearty Turkey Stew

with Herby Croutons

Calorie Smart

35 Minutes



Ground Turkey



Sage and Thyme



Russet Potato



Mirepoix



Green Beans



Corn Kernels



Ciabatta Roll



Chicken Broth Concentrate



Garlic

HELLO MINCED TURKEY

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

- Before starting, preheat the oven to 350°F.
- Wash and dry all produce.

Bust Out

Baking sheet, vegetable peeler, measuring spoons, small bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Sage and Thyme	14 g	28 g
Russet Potato	230 g	460 g
Mirepoix	113 g	227 g
Green Beans	170 g	340 g
Corn Kernels	56 g	113 g
Ciabatta Roll	1	2
Chicken Broth Concentrate	2	4
Garlic	6 g	12 g
Unsalted Butter*	1 ½ tbsp	3 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Prep

Cut **ciabatta** into 1-inch pieces. Peel, then finely mince or grate **garlic**. Strip **thyme** leaves from the stem, then finely chop. Remove **sage** from stems, then finely chop. Combine **sage** and **thyme** in a small bowl. (**NOTE:** This is your herb mix.) Peel, then cut **potatoes** into ½-inch pieces. Trim the **green beans**, then cut into 1-inch pieces.



Start stew

Add **1 tbsp butter** (dbl for 4 ppl), then **mirepoix** and **remaining garlic** to the pot. Cook, stirring occasionally, until **veggies** soften, 2-3 min. Add **potatoes**, **broth concentrate**, **2 ½ cups water**, **1 tbsp herb mix** and **½ tsp salt** (dbl all for 4 ppl). Bring to a boil, then cover and reduce to medium. Cook for 5-7 min.



Make croutons

Transfer **ciabatta** to a baking sheet. Add **1 tbsp oil**, **½ tbsp butter**, **2 tsp herb mix** (dbl all for 4 ppl) and **half the garlic** to a small microwaveable bowl. Microwave in 20-second increments, until melted. Drizzle **herb oil** over **ciabatta**, then season with **¼ tsp salt** and **pepper** (dbl for 4 ppl). Toss with hands to coat, then arrange in an even layer. Bake in the **top** of the oven until golden and toasted, flipping halfway, 12-14 min.



Finish stew

Add **green beans** and **corn** to the pot. Cook, uncovered, stirring occasionally until **potatoes** and **green beans** are tender, 5-7 min. (**TIP:** For a thicker stew, cook the potatoes a few minutes longer before adding green beans and corn.)



Cook turkey

While ciabatta bakes, heat a large pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **turkey**. Season with **salt** and **pepper**. Cook, breaking up **turkey** into smaller pieces, until no longer pink, 3-4 min. **



Finish and serve

Ladle **stew** into bowls. Sprinkle with **pepper**, then garnish with **croutons** and **remaining herb mix**, if desired.

Dinner Solved!