



# PAN-FRIED TURKEY BREAST

with Sweet Potato Mash and Holiday Gravy

PRONTO



## HELLO SAGE

This herb is part of the mint family and is known for its warming aromatic flavours!

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 663



Turkey Breast



Sweet Potato



Broccoli, florets



Shallot



Sage



Chicken Broth Concentrate



Soy Sauce



All-Purpose Flour



Dijon Mustard



Sour Cream

## BUST OUT

- Baking Sheet
- Paper Towel
- Large Non-Stick Pan
- Potato Masher
- Large Pot
- Strainer
- Measuring Cups
- Peeler
- Measuring Spoons
- Whisk
- Unsalted Butter **2**  
(3 tbsp | 4 tbsp)
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Turkey Breast 340 g | 680 g
- Sweet Potato 340 g | 680 g
- Broccoli, florets 227 g | 454 g
- Shallot 50 g | 50 g
- Sage 10 g | 10 g
- Chicken Broth Concentrate 1 | 1
- Soy Sauce **1,4** 1 ½ tsp | 1 ½ tsp
- All-Purpose Flour **1** 1 tbsp | 1 tbsp
- Dijon Mustard **6,9** 1 ¼ tsp | 1 ¼ tsp
- Sour Cream **2** 1 ½ tbsp | 3 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 soja, 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 your oven to **400°F** (to roast the broccoli and finish the turkey). Start prepping when your oven comes up to temperature!



**1 COOK SWEET POTATOES** Wash and dry all produce.\* Peel, then cut **sweet potato(es)** into ½-inch pieces. In a large pot, combine the **sweet potatoes**, **2 tsp salt** and enough **water** to cover (approximately 1 inch). (**NOTE:** Use the same size pot, water and salt amount for 4 ppl.) Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until **potatoes** are fork-tender, 12-14 min.



**4 MAKE SAGE GRAVY** Meanwhile, heat the same pan over medium heat. When the pan is hot, add **2 tbsp butter** and swirl until melted, 1 min. Add **shallots** and **sage**. Cook, stirring often, until **shallots** soften, 2-3 min. Sprinkle over **flour** and stir until coated, 1 min. Whisk in **broth concentrate**, **mustard**, **soy sauce** and **¾ cup water** (use the same amount for 4 ppl). Simmer, stirring, until thickened, 2-3 min.



**2 PREP** Meanwhile, peel, then finely chop **shallot(s)** into ¼-inch pieces. Finely chop **1 tbsp sage leaves**. Cut the **broccoli florets** into bite-size pieces. Pat the **turkey** dry with paper towel. Season with **salt** and **pepper**. On one side of a baking sheet, toss the **broccoli** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Set aside. (**NOTE:** For 4 ppl, use 1 baking sheet for broccoli and roast in the middle of the oven.)



**5 MASH POTATOES** Drain the **sweet potatoes** and return them to the same pot off the heat. Using a fork or potato masher, mash **1 ½ tbsp sour cream** (dbl for 4 ppl) and **1 tbsp butter** (dbl for 4 ppl) into the **potatoes** until smooth. Season with **salt** and **pepper**.



**3 COOK TURKEY** Heat a large non-stick pan over medium heat. When pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **turkey**. Sear, until golden, 2-3 min per side. Remove the pan from the heat, then transfer **turkey** to the other side of the baking sheet with **broccoli**. (**NOTE:** For 4 ppl, use another baking sheet for turkey. Roast in the top of the oven, using the same timing as the broccoli.) Roast in the middle of the oven, until **broccoli** is tender and **turkey** is cooked through, 14-16 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.\*\*)



**6 FINISH AND SERVE** Divide the **turkey**, **broccoli** and **sweet potatoes** between plates. Drizzle the **gravy** over the **turkey**.

## DELICIOUS!

The secret to this great rich-tasting gravy is the soy sauce!