



SEARED TURKEY STEAK

with Creamy Mustard Lentils, Sweet Potato and Tarragon



HELLO SWEET POTATO

The first Europeans to taste this delicious tuber were members of Columbus' expedition to Haiti in 1492



Diced Sweet Potato



Green Beans



Tarragon



Lentils



Lemon



Turkey Steak



Chicken Stock Pot



Wholegrain Mustard



Crème Fraîche

Chef André attributes his love of food to his father, a Frenchman and a chef, and says that his fondest childhood memories are of family meals around his parents' kitchen table. This recipe is a rapid recreation of one of the dishes that made regular appearances on that very table, and is one we hope you love as much as he does. André's creamy lentils aren't famous for nothing!

20 mins

3 of your 5 a day

Rapid recipe

GET **PREPARED!**

Preheat the Oven to 220°C.

BEFORE YOU START

🔥 Preheat the Oven to 220°C. 🧼 Wash the veggies. 🍴 Make sure you've got some Baking Paper, a Baking Tray, Sieve, two Frying Pans and a Measuring Jug. Let's start cooking the Seared Turkey Steak with Creamy Mustard Lentils, Sweet Potato and Tarragon.



1 SWEET POTATO TIME

- Pop the diced sweet potato onto a lined baking tray.
- Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat evenly.
- Roast on the top shelf of your oven until soft and golden, 17-20 mins. Turn halfway through cooking.



2 PREP THE VEGGIES

- Meanwhile, trim the **green beans** and chop into thirds.
- Pull the **tarragon** leaves off their stalks and roughly chop (discard the **stalks**).
- Drain and rinse the **lentils** in a sieve.
- Halve the **lemon**.



3 FRY THE TURKEY

- Heat a splash of **oil** in a frying pan over medium-high heat.
- Season the **turkey** with **salt** and **pepper**.
- Brown the **turkey** for 2 mins on each side.
- Continue to fry the **turkey**, turning occasionally, until no longer pink in the middle, another 6-8 mins.



4 COOK THE BEANS

- While the turkey is cooking, pop another frying pan on high heat with a splash of **oil**.
- Add the **green beans**, stir-fry for a minute then add the **water** (see ingredients for amount).
- Stir in and dissolve the **stock pot**.
- Lower the heat to medium, simmer until the **beans** are tender, 4-5 mins.



5 FINISH OFF

- Add the **lentils**, **mustard** and **crème fraîche** to the **beans** and stir through.
- Bring to the boil then remove from the heat and stir in **half** the **tarragon**.
- When the **turkey** is done, remove from the heat, squeeze on some **lemon juice** and sprinkle on the remaining **tarragon**.



6 SERVE

- Slice the **turkey**.
- Share the **creamy mustard lentils** between your bowls.
- Pop the **sweet potato** chunks on top.
- Finish with the **seared turkey** and pour any remaining juices over.

TUCK IN!

2 PEOPLE INGREDIENTS

Diced Sweet Potato	300g
Green Beans, chopped	1 pack
Tarragon, chopped	1 bunch
Lentils	1 tin
Lemon, halved	½
Turkey Steak	2
Water*	100ml
Chicken Stock Pot	½
Wholegrain Mustard 9)	1 tbsps
Crème Fraîche 7)	1 small pot

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 593G	PER 100G
Energy (kcal)	744	126
(kJ)	3111	525
Fat (g)	17	3
Sat. Fat (g)	4	1
Carbohydrate (g)	84	14
Sugars (g)	19	3
Protein (g)	64	11
Salt (g)	4.12	0.69

ALLERGENS

7) Milk 9) Mustard

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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