



TURKEY STEAK

with Oven-Baked Leek & Green Bean Risotto and Tomato Salad



HELLO LEEKS

Like all members of the allium family (onions, chives etc) the leeks are related to lilies!



Leek



Garlic Clove



Green Beans



Chicken Stock Powder



Turkey Steak



Dried Thyme



Arborio Rice



Italian Style Grated Hard Cheese



Premium Tomatoes Mix



Unsalted Butter

MEAL BAG

Hands on: **15** mins
Total: **40** mins

2.5 of your
5 a day

Family Box

Word reached us that you love risotto but sometimes aren't so keen on all the stirring involved. What if we told you there was a way to get that deliciously comforting, creamy rice without all the elbow work? You'd be pleased, right? Well, tonight's dinner teams turkey steaks with a risotto you can bake in the oven. Time to go no-stir crazy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Measuring Jug**, **Ovenproof Pan** (with a **Lid** or some **Foil**) and **Frying Pan**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C and boil your kettle. Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans** then chop into thirds.



2 MARINATE THE TURKEY

Pour the boiling **water** (see ingredients for amount) into a measuring jug. Add the **stock powder** and stir to dissolve. Pop the **turkey steak** onto a plate and drizzle on a little **oil**. Season with **salt** and **pepper** and sprinkle over **half** the **dried thyme**. Rub the **flavourings** into the **meat**, then set aside. **! IMPORTANT: Remember to wash your hands and equipment after handling raw meat!**



3 BAKE THE RISOTTO

Heat a splash of **oil** in an ovenproof pan on medium heat, add the **leek**. **★ TIP: If you don't have an ovenproof pan, use a saucepan and transfer to an ovenproof dish before putting in the oven.** Cook until soft, 5-6 mins. Add the **garlic, green beans, arborio rice** and remaining **thyme**. Stir to coat the **rice** in the **oil**, then pour in the **stock** and bring to the boil. Cover with a tight fitting lid (or foil). Bake on the middle shelf of your oven for 20 mins.



4 PAN-FRY THE TURKEY

Meanwhile, heat a splash of **oil** in a frying pan on medium-high heat. Pan-fry the **turkey steak** until browned, 5-6 mins on each side. **! IMPORTANT: The turkey is cooked when it is no longer pink in the middle!** When cooked, remove the pan from the heat and sprinkle **half** the **Italian style grated hard cheese** over the **turkey**. Leave to rest for a minute on a board.



5 MAKE THE SALAD

While the turkey cooks, halve the **tomatoes** and pop into a large bowl. Season with a good pinch of **salt**, the **olive oil** (see ingredients for amount) and a small pinch of **sugar** (if you have some!).



6 FINISH AND SERVE

When the **risotto** has absorbed all of the **stock**, remove it from the oven and stir in the **butter** and remaining **cheese**. Taste and season with **salt** and **pepper**, then spoon into bowls. Slice the **turkey steak** into 1cm thick strips and place on top. Serve the **tomato salad** on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Leek *	½	1	1
Garlic Clove *	1	1	1
Green Beans *	1 small pack	¾ large pack	1 large pack
Water*	400ml	600ml	800ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Turkey Steak *	2	3	4
Dried Thyme	½ pot	¾ pot	1 pot
Arborio Rice	175g	260g	350g
Italian Style Grated Hard Cheese 7) 8) *	2 packs	3 packs	4 packs
Premium Tomato Mix	1 small punnet	¾ large punnet	1 large punnet
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Unsalted Butter 7) *	30g	30g	30g

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 406G	PER 100G
Energy (kJ/kcal)	3284 / 785	809 / 193
Fat (g)	26	6
Sat. Fat (g)	16	4
Carbohydrate (g)	74	18
Sugars (g)	4	1
Protein (g)	62	15
Salt (g)	1.48	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg

🧼 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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