



BBQ Turkey with Farro Salad and Blueberry Vinaigrette

PRONTO

SPICY

30 Minutes



Turkey Scallopine



Zucchini



Almonds, sliced



Spring Mix



Blueberry Jam



Farro



Goat Cheese



Red Wine Vinegar



BBQ Seasoning

HELLO FARRO

An ancient grain that's full of nutty flavour

Start Strong

Before starting, preheat the oven to 425°F and wash and dry all produce.

Bust Out

Baking Sheet, Measuring Cups, Measuring Spoons, Strainer, Paper Towels, Large Bowl, Medium Pot, Large Non-Stick Pan, Whisk

Ingredients

	2 Person	4 Person
Turkey Scallopine	340 g	680 g
Zucchini	200 g	400 g
Almonds, sliced	28 g	56 g
Spring Mix	56 g	113 g
Blueberry Jam	2 tbsp	4 tbsp
Farro	½ cup	1 cup
Goat Cheese	28 g	56 g
Red Wine Vinegar	1 tbsp	2 tbsp
BBQ Seasoning 🍷	1 tbsp	2 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.

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1. PREP

Add **farro** and **3 cups water** (dbl for 4 ppl) in a medium pot. Bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cook, uncovered, until **farro** is tender, 14-16 min. Meanwhile, thinly slice **zucchini** into rounds.



4. FINISH FARRO

When **farro** is done cooking, drain and rinse under **cold water**. Return **rinsed farro** to the same pot, off heat. Season with **salt**.



2. TOAST ALMONDS

Heat a large non-stick pan over medium heat. When hot, add **almonds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Remove the pan from heat, then transfer **almonds** to a plate. Set aside.



5. ASSEMBLE SALAD

Whisk together **blueberry jam**, **vinegar** and **2 tbsp oil** (dbl for 4 ppl) in a large bowl. Season with **salt** and **pepper**. Add **farro**, **spring mix**, **zucchini** and **half the almonds**. Season with **salt** and **pepper**. Toss together.



3. COOK TURKEY

Pat **turkey** dry with paper towels, then season with **salt** and **pepper**. Sprinkle over **BBQ seasoning**. Heat the same pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **turkey**. Pan-fry, until 'blackened', 1-2 min per side. Transfer **turkey** to a baking sheet. Bake in **top** of oven, until cooked through, 5-7 min.**



6. FINISH AND SERVE

Slice **turkey**. Divide **salad** between bowls and top with **turkey**. Crumble over **goat cheese** and sprinkle over **remaining almonds**.

Dinner Solved!