



Cal Smart Hot Honey Turkey

with BBQ-Spiced Roasted Potatoes

Calorie Smart

Spicy

30 Minutes



Turkey Breast Portions



Russet Potato



Panko Breadcrumbs



Green Beans



Honey



Hot Sauce



Sour Cream



BBQ Seasoning

HELLO BBQ SEASONING

This spice is the perfect blend of sweet, savoury and smoky!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, parchment paper, 2 small bowls, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Turkey Breast Portions	340 g	680 g
Russet Potato	460 g	920 g
Panko Breadcrumbs	¼ cup	½ cup
Green Beans	170 g	340 g
Honey	1 tbsp	2 tbsp
Hot Sauce 🌶	1 ½ tsp	3 tsp
Sour Cream	3 tbsp	6 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Unsalted Butter*	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 the website or app for the as-prepared recipe nutritional 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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Roast potatoes

Cut **potatoes** into ½-inch pieces. Add **potatoes**, **1 tsp BBQ Seasoning** and **½ tbsp oil** (dbl both for 4 ppl) to a parchment-lined baking sheet, then toss to coat. Roast in the **middle** of the oven, tossing halfway through, until golden-brown, 22-24 min.



Mix panko

While **potatoes** roast, add **½ tbsp butter** (dbl for 4 ppl) to a small microwave-safe bowl. Microwave until melted, 30 sec. Add **panko**, **remaining BBQ Seasoning** and **1 tsp oil** (dbl for 4 ppl). Stir to combine.



Coat turkey

Pat **turkey** dry with paper towels. Season all over with **salt** and **pepper**. Evenly spread **sour cream** onto tops of **turkey**. Top **each piece of turkey** with **panko mixture**, pressing to adhere.



Roast turkey

Transfer **turkey** to another parchment-lined baking sheet. Roast in the **bottom** of the oven until **turkey** is cooked through, 16-18 min.**



Cook green beans

While **turkey** roasts, trim **green beans**. Heat a large non-stick pan over medium heat. When hot, add **green beans** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 4-5 min. Add **½ tbsp butter** (dbl for 4 ppl). Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.



Finish and serve

Stir together **honey** and **hot sauce** in another small bowl. Thinly slice **turkey**. Divide **turkey**, **potatoes** and **green beans** between plates. Drizzle **hot honey sauce** over top.

Dinner Solved!