



Golden Breaded Turkey

with Potatoes, Broccoli and Honey-Mustard

Calorie Smart 30 Minutes



-  Turkey Scallopini
-  Russet Potato
-  Broccoli, florets
-  Dijon Mustard
-  Honey
-  Garlic Salt
-  Panko Breadcrumbs

HELLO TURKEY SCALLOPINI

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

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

Bust Out

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

Ingredients

	2 Person	4 Person
Turkey Scallopini	340 g	680 g
Russet Potato	460 g	920 g
Broccoli, florets	227 g	454 g
Dijon Mustard	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Panko Breadcrumbs	¼ cup	½ cup
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.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Roast potatoes

Cut **potatoes** into ½-inch wedges. Toss **potatoes** with **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **pepper**. Roast, in the **middle** of the oven, until golden-brown, 24-26 min. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet. Bake in the middle and the bottom of oven, rotating sheets halfway through cooking.)



Cook turkey

Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil**, then **turkey**. Pan-fry, until golden-brown, 1-2 min per side. (**TIP:** Cook in two batches for 4 ppl, using 1 tsp oil for each batch.) Remove pan from heat, then transfer **turkey** to a parchment-lined baking sheet. Divide the **remaining Dijon** between **turkey** and spread over tops. Divide **panko mixture** over top of **turkey**, pressing gently to adhere. Roast **turkey** in the **top** of the oven, until cooked through, 12-14 min.**



Prep

While **potatoes** roast, cut **broccoli** into bite-sized pieces. Stir together **honey** and **half the Dijon** in a small bowl. Set aside.



Cook broccoli

While **turkey** roasts, heat the same pan over medium heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **broccoli** and **2 tbsp water** (dbl for 4 ppl). Cook, covered, stirring occasionally, until tender, 5-6 min. Season with **salt** and **pepper**.



Prep turkey

Stir together **panko** with **1 tsp oil** (dbl for 4 ppl) in another small bowl. Pat **turkey** dry with paper towels. Season with **remaining garlic salt** and **pepper**.



Finish and serve

Thinly slice **turkey**. Divide **turkey**, **potatoes** and **broccoli** between plates. Serve **honey-mustard** on the side, for dipping.

Dinner Solved!