



# PAN-FRIED TURKEY STEAK

with Mushroom Sauce and Pancetta Roasties



HELLO POTATO

*Astronauts have been able to grow potatoes in space!*



White Potato



Lemon Thyme



Pancetta



Echalion shallot



Closed Cup Mushrooms



Garlic Clove



Lemon



Turkey Steak



Crème Fraîche



Baby Spinach

MEAL BAG

45 mins

2 of your 5 a day

There are many ways you can tenderise meat. Marinating is good. Hanging works especially well for game. In some parts of the world they like to wrap stuff in papaya leaves. But our method of tenderising today is whacking the living daylights out of some turkey with a frying pan! Simple, effective and fun.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Fine Grater, some Clingfilm, and two Frying Pans**.. Now, let's get cooking!



### 1 ROAST THE POTATO

Preheat your oven to 220°C. Chop the **potato** into 2cm chunks (no need to peel). Pick the **lemon thyme leaves** from their stalks (discard the stalks). Put the **potato** on a baking tray. Drizzle over a glug of **oil** and season with **salt** and **pepper**. Sprinkle on the **lemon thyme leaves** and toss. Roast on the top shelf of your oven for 25 mins, then add the **pancetta**. Cook until the **potato** and **pancetta** are both brown and crispy, 7-10 mins.



### 2 PREP THE VEGGIES

Meanwhile, halve, peel and chop the **shallot** into 1cm pieces. Cut the **mushrooms** into ½cm thick slices. Peel and grate the **garlic** (or use a garlic press). Zest the **lemon**.



### 3 TENDERISE THE TURKEY

Lay out a sheet of clingfilm and place a **turkey steak** on top. Cover with another sheet of clingfilm. Using a frying pan or a rolling pin, bash the **turkey steak** until roughly 1cm thick. Repeat for each **steak**. This can be very cathartic! Take the opportunity to work off any frustrations the day has thrown your way... Leave the turkey to one side.



### 4 START THE SAUCE

Heat a drizzle of **oil** in a frying pan on medium heat. Add the **shallot** and cook until soft, 4-5 mins. Add the **garlic**, cook for 1 minute more. Add the **mushrooms**. Sprinkle over a generous pinch of **salt** and **pepper**. Stir together and cook until the **mushrooms** are slightly browned, 6-7 mins. Add a squeeze of **lemon juice** and cook for a further 30 seconds. **★ TIP:** You can add more lemon later, so don't add too much here!



### 5 PAN-FRY THE TURKEY

Turn the heat down to medium and stir in the **crème fraîche**. Taste and season with more **salt, pepper** or **lemon juice** if needed, then set aside. Season each **turkey steak** with **salt, pepper** and **lemon zest**. Heat a splash of **oil** in another frying pan on medium heat. Once hot, add the **turkey**. Fry for 4-5 mins on each side, then remove to a board to rest. **★ TIP:** The turkey is cooked when it is no longer pink in the middle.



### 6 FINISH AND SERVE

When the **potato** and **pancetta** are browned and crispy, remove from the oven and add the **baby spinach** (there's a lot, but don't worry - it'll wilt down). Gently mix through the **potatoes** and return to the oven for 3 mins. Meanwhile, heat up the **mushroom sauce** (add a splash of water if it's too thick) and cut the **turkey steaks** into 2cm wide slices. Serve the **turkey** with the **roasties** and a good spoonful of **mushroom sauce**. **Enjoy!**

## 2 PEOPLE INGREDIENTS

White Potato, chopped	1 pack
Lemon Thyme	3 sprigs
Pancetta	60g
Echalion Shallot, chopped	1
Closed Cup Mushrooms, sliced	1 small punnet
Garlic Clove, grated	1
Lemon	½
Turkey Steak	2
Crème Fraîche <sup>7)</sup>	1 small pot
Baby Spinach	1 small bag

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 618G	PER 100G
Energy (kcal)	568	92
(kJ)	2384	386
Fat (g)	24	4
Sat. Fat (g)	14	2
Carbohydrate (g)	49	8
Sugars (g)	6	1
Protein (g)	42	7
Salt (g)	1.43	0.23

### ALLERGENS

<sup>7)</sup> Milk

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](mailto:hello@hellofresh.co.uk)

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