



# Crispy Crumbed Turkey Breast

with sweet potato champ mash

35 – 40 mins

11



Turkey Breast



Mayo



Breadcrumbs



Demi-Glaze



Sweet Potato



Scallion



Salad Leaves



Tomato



Balsamic Glaze

Pantry Items: Salt, Pepper, Oil, Water, Butter, Milk (Optional)



Rate your recipe!



## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Colander, grater, peeler, pot with lid, potato masher

## Ingredients

	2P	4P
Turkey Breast	1 unit	2 units
Mayo	2 sachets	4 sachets
Breadcrumbs	1 pack	2 packs
Demi-Glaze	1 sachet	2 sachets
Sweet Potato	2 units	4 units
Scallion	1 unit	2 units
Salad Leaves	40 g	80 g
Tomato	2 units	4 units
Balsamic Glaze	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	583.5 g	100 g
Energy (kJ/kcal)	2523 kJ/ 603 kcal	432.4 kJ/ 103.3 kcal
Fat (g)	10.7 g	1.8 g
Sat. Fat (g)	1.3 g	0.2 g
Carbohydrate (g)	79 g	13.5 g
Sugars (g)	18.4 g	3.2 g
Protein (g)	48.3 g	8.3 g
Salt (g)	1.5 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

## Contact

Share your creations with  
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!



## Make the Sweet Potato Champ

- Boil a pot of **salted water** for the **potatoes**.
- Peel and chop **potatoes** into 2cm chunks. Trim and thinly slice the **scallion**.
- Cook the **potatoes** in boiling **water** until fork tender, 15-20 mins.
- Drain in a colander. Return to the pot, off the heat. Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth.
- Stir in the **scallion**. Season with **salt** and **pepper**. Cover to keep warm.

**TIP:** If you're in a hurry you can boil the water in your kettle.



## Cook the Turkey

- Place a large pan over medium-high with a good glug of **oil**.
- Add the **turkey** and pan fry until brown and crispy, 5-8 mins on each side. **IMPORTANT:** Turkey is cooked when no longer pink in the middle.
- Once cooked, remove from the pan and cover to keep warm.



## Prep the Salad

- Cut the **tomato** into 2cm chunks.
- Just before serving, toss the **tomato** with the **salad leaves**, **balsamic glaze** and a drizzle of **oil**.
- Season to taste with **salt** and **pepper**.



## Warm the Sauce

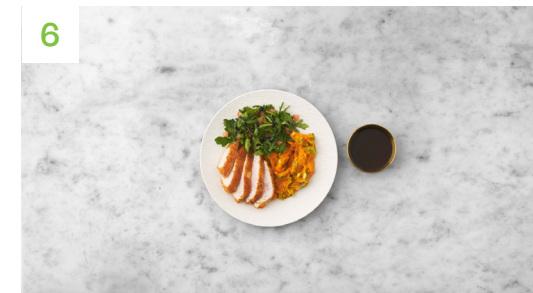
- Return the pan to medium heat with a knob of **butter**.
- When melted, add the **demi-glaze** and cook, stirring until warmed through, 1-2 mins.

**TIP:** Add a splash of water to loosen the sauce if necessary.



## Crumb the Turkey

- In a bowl, season the **breadcrumbs** with **salt** and **pepper**.
- Season the **turkey breasts** with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw turkey and its packaging.
- Spread the **mayo** over each **breast** until completely coated.
- One at a time, press each **turkey breast** into the **breadcrumbs**, repeating on all sides to achieve an even crust.



## Dish Up

- Divide the **sweet potato** champ between plates.
- Serve crumbed **turkey**, tossed salad and **demi-glaze** sauce alongside.

## Enjoy!