

# Turkey and Rosemary Roast Potatoes

with cranberry chutney and broccolini

40 - 45 mins







Turkey Breast





















Apple Cider Vinegar







Pantry Items: Flour, Oil, Butter, Salt, Pepper,



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# 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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

# Cooking tools you will need

Baking sheet with baking paper, grater

# Ingredients

|                     | 2P       | 4P        |
|---------------------|----------|-----------|
| Turkey Breast       | 1 unit   | 2 units   |
| Baby Potatoes       | 500 g    | 1000 g    |
| Cranberry Chutney   | 1 sachet | 2 sachets |
| Rosemary            | ½ unit   | 1 unit    |
| Garlic              | 1 unit   | 2 units   |
| Shallot             | 1 unit   | 2 units   |
| Broccolini          | 150 g    | 300 g     |
| Almonds             | 15 g     | 30 g      |
| Stock               | 1 sachet | 2 sachets |
| Apple Cider Vinegar | 1 sachet | 2 sachets |
| Beef Rump           | 250 g    | 500 g     |
| Chicken Breast      | 320 g    | 640 g     |
| Turkey              | 2 units  | 4 units   |

#### Nutrition

| for uncooked ingredient | Per<br>100g        | Per<br>100g          | Per<br>100g         | Per<br>100g        |
|-------------------------|--------------------|----------------------|---------------------|--------------------|
|                         |                    |                      |                     |                    |
| Energy<br>(kJ/kcal)     | 359 kJ/<br>86 kcal | 445 KJ /<br>106 kcal | 370 KJ /<br>88 kcal | 377 KJ/<br>90 kcal |
| Fat (g)                 | 1.2 g              | 3.8 g                | 1.6 g               | 1.1 g              |
| Sat. Fat (g)            | 0.2 g              | 1.3 g                | 0.3 g               | 0.2 g              |
| Carbohydrate (g)        | 10.3 g             | 11 g                 | 10.4 g              | 8 g                |
| Sugars (g)              | 1.5 g              | 1.6 g                | 1.5 g               | 1.2 g              |
| Protein (g)             | 9 g                | 7.4 g                | 8.9 g               | 12.4 g             |
| Salt (g)                | 0.1 g              | 0.1 g                | 0.1 g               | 0.1 g              |

See site or app for detailed nutritional info.

# **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

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#### Roast the Potatoes

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Pick the **rosemary leaves** and roughly chop (discard the stalks).
- Halve the potatoes lengthways, quartering larger pieces. Pop the potatoes onto a lined baking tray.
- Drizzle with oil and season with half the rosemary (use all for 4P and 6P), salt and pepper. Rub the oil over the potatoes then arrange them cut-side down on the baking tray.
- Roast on the top shelf of the oven until golden, 25-35 mins.



#### Toast the Almonds

- Meanwhile, place a large pan over medium heat (no oil).
- Once hot, dry-fry the almonds, stirring regularly, until lightly toasted, 3-4 mins.
- Remove from the pan and set aside (reserve the pan for use later).
- When the **potatoes** have been cooking for 10 mins, remove from the oven and pop the **broccolini** onto the tray alongside.
- Drizzle with oil and season with salt and pepper. Return to the oven to cook for the remaining time, 10-15 mins.



# Fry the Turkey

- Return the pan to medium-high heat with a drizzle of oil.
- When hot, add the turkey and season with salt and pepper.
- Cook through, 3-6 mins each side (cook in batches if your pan is getting crowded).
   IMPORTANT: Wash hands and equipment after handling raw turkey and its packaging. Turkey is cooked when no longer pink in the middle.
- Once cooked, remove from the pan and cover to keep warm.



# Soften the Shallot

**CUSTOM** 

**OPTIONS** 

- Meanwhile, halve, peel and chop the **shallot** into small pieces.
- Peel and grate the **garlic** (or use a **garlic** press).
- Once the **turkey** is cooked, return the empty pan to medium-high heat with a knob of **butter**.
- Add the **shallot** and cook until softened,
  3-4 mins.



#### Simmer the Sauce

- Add the **garlic** and ½ tbsp **flour** (per 2P) to the pan, then deglaze with the **apple cider vinegar**.
- Pour in 100ml water (per 2P), cranberry chutney and stock.
- Season to taste with salt and pepper.
- Reduce over medium-low heat and cook, stirring regularly, until the sauce is smooth, 3-5 mins.



#### Finish and Serve

- Thinly slice the turkey widthways then divide between plates.
- Drizzle the sauce over the top.
- Serve with the broccolini and rosemary roast potatoes alongside.
- Finish with a sprinkling of flaked **almonds**.

# Enjoy!

Swapped to beef? Fry the beef until browned, 1-2 mins each side for medium-rare, another 1-2 mins each side for medium and a further 1-2 mins on each side for well-done.

#### **CHICKEN BREAST**

Swapped to chicken? Slice through the breasts to make 2 steaks. Add to hot pan and season with salt and pepper. Cook through, 3-6 mins each side. Remove from pan and cover to keep warm.