

GEORGIE & TOM'S

EATING WELL MADE EASY



Crispy Parmesan Sage Turkey

CRISPY SAGE & ONION TURKEY BREAST SERVED WITH HERB POTATOES, BROCCOLI, DRIED CRANBERRIES & TOASTED ALMONDS FINISHED WITH FRESH LEMON & AIOLI

★★★★☆ 4.6

71 reviews

Stove Top, Raw protein
6 minutes

Shelf-life: Day of delivery plus 5 days

460 calories per person
Serves 2

Mediterranean diet, High in protein, High in fibre

Suitable for home freezing with the exception of the aioli, arugula, lemon, cranberries & almonds

To maximise freshness put the raw turkey straight into the freezer on arrival. Defrost overnight in the fridge or in a couple of minutes in the microwave.

HOW TO COOK

- Season and coat **turkey** in **parmesan & sage crumb**; fry 4-5 mins each side (medium heat)
- Microwave **tray of veggies** 3 mins *(Alternatively, you can pan fry or steam for 4-5 mins)*
- Serve turkey on veggies. Finish with **aioli**, **arugula** dressed in olive oil, **cranberries**, **almonds**, & **¼ lemon**.

For best results use a non-stick frying pan for the herbed breadcrumb turkey.

Our turkey breasts are hand-cut so cooking times may vary due to thickness. You can check your turkey is fully cooked by ensuring it reaches 165°F.

INGREDIENTS

Turkey breast (All natural hormone & antibiotic free from Plainville farm Pennsylvania), Potato, Broccoli, Lemon, Reduced Fat Mayonnaise (water, soybean oil, modified food starch, sugar, distilled vinegar, salt, whole eggs, egg yolks, lemon juice concentrate, sorbic acid, natural flavour, paprika extract, vitamin E), Arugula, Panko bread-crumbs (enriched wheat flour, yeast, salt sugar), Almonds, Dried cranberries, Parmesan, Olive Canola oil blend, Parsley, Dried sage leaves, Lemon juice, Garlic, Salt, Lemon zest, Water, Black pepper, Garlic powder, Onion powder

Gluten, Egg, Milk, Treenuts, Soy

Contains mustard

NUTRITION FACTS

Calories 460g , Fat 15g, Saturated fat 2.5g, Carbohydrates 35g, Total sugars 10g, Protein 44g, Fibre 7g, Sodium 620mg