



HOME CHEF

Turkey Tetrazzini with Squash “Fideos”

With Crispy Shallot Topping



We can't decide the best part about this dish — could it be the one-panness of it all? That it's low-cal AND low-carb? Or the fact that we make a sauce out of cream cheese, Parmesan, sherry, and mushrooms? Or maybe it's the “fideos” — noodles made from carrots, zucchini, and squash? In fact, it very well could be the smallest part: fried, crispy shallots. Whatever your favorite part, we guarantee there's a lot to love about this dish!

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 620
Carbohydrates: 31g
Fat: 33g
Protein: 55g
Sodium: 1248mg
per serving

DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

Chardonnay with little to no oak is a natural with turkey. For those under 21, sparkling cranberry juice complements the richness of the sauce in this dish.

INGREDIENTS

1 Yellow Squash
1 Zucchini
3 oz. Button Mushrooms
1 Shallot
14 oz. Ground Turkey
2 Tbsp. Sherry
1 tsp. Gluten Free Minor's
Chicken Base
3 oz. Cream Cheese
1 oz. Grated Parmesan
Cheese
5 oz. Frozen Peas
5 ½ oz. Matchstick Carrots

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Medium Pan

DID YOU KNOW?

Despite its Italian-sounding name, the first tetrazzini dish was invented by a chef in the early 1900s at the Palace Hotel in San Francisco. It was named for Italian opera singer Luisa Tetrazzini.

Discover more
recipes at
[homechef.com](https://www.homechef.com)



Prepare the Ingredients

Thoroughly rinse produce and pat dry. Cut ends from **yellow squash** and **zucchini**. Use a peeler to cut long, flat ribbons from squash and zucchini. Stack ribbons and make thin, lengthwise cuts to form “noodles.” (*Perfection isn't important here—just make sure they're all roughly the same size.*) Slice **mushrooms** into ¼” slices. Peel **shallot**, halve, and slice into very thin strips.



Make the Crispy Shallots

Line a plate with a paper towel. In a medium pan over medium heat, add 2 Tbsp. **olive oil** and **sliced shallots**. Bring oil to a very low simmer, stirring shallots often. Continue cooking about 7-8 minutes, or until shallots take on a deep brown color. *Shallot slices may color at different rates, so remove slices as they are ready (deep brown but not black) to the towel-lined plate while others catch up.* Once all shallots have been removed to plate, sprinkle with a pinch of **salt**. Drain all but 1 tsp. of delicious, **shallot-infused oil** and return pan to medium heat, reserving excess oil.



Cook the Ground Turkey

Add **ground turkey** to pan and break up into small pieces. Cook 5-6 minutes until browned and no pink remains and a minimum internal temperature of 165 degrees has been reached. Remove turkey to a plate and return pan to heat without cleaning. *The flavorful bits of food stuck to the pan, call the fond, will be released and incorporated into the mushroom sauce in the next step.*



Cook Mushrooms and Make Pan Sauce

Add 2 tsp. **reserved shallot-infused olive oil** to the same pan over medium-high heat. Add **sliced mushrooms** and let brown 2 minutes. Add **sherry** and reduce 1 minute until mostly evaporated. Add **chicken base**, ½ cup **water**, and **cream cheese** to pan and stir until cream cheese is incorporated and chicken base has dissolved. Add **grated Parmesan** and cook about 3 more minutes, stirring often.



Finish Tetrazzini

Add **ground turkey**, **peas**, **carrots**, and **vegetable “noodles”** to pan. Stir gently to combine and cook 3 minutes until vegetables have softened. Taste, and if desired, season with a pinch of **salt and pepper**. (The chicken base and Parmesan may contain enough salt for your palate.)



Plate the Dish

Add a serving of **turkey tetrazzini**, including sauce, to a shallow bowl. Top with **crispy shallots** and serve.