



NUTRITION *per serving* 24g carbohydrates 26g fat 58g protein 452mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, nut-free



Calories
550



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 1 Cauliflower Head
- 4 oz. Green Beans
- 4 oz. Cremini Mushrooms
- 1 Green Onion
- 14 oz. Ground Turkey
- ¼ Cup Rolled Oats
- 2 Tbsp. Salisbury Seasoning Blend
- 3 oz. Grape Tomatoes
- 2 ½ oz. Bonewerks Classic Veal Demi-Glace

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Baking Sheet
- Mixing Bowl
- Medium Pan

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HOME CHEF

Turkey Salisbury Steak with Mushroom Gravy

with green beans and cauliflower

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **350 degrees**
- Prepare a baking sheet with foil
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Heads up!** Use half the green onions to make Salisbury steak and remaining for garnish.

FROM THE CHEF

Making a small indentation in the center of the “steaks” helps to hold their shape and not puff in the center while cooking.

Did you know...

Our Salisbury steak seasoning is made with 3 parts dried minced onion and 1 part each thyme and garlic powder.



1

Prepare the Ingredients

Remove leaves from **cauliflower head**, core, and cut into bite-sized pieces. Trim ends off **green beans**. Cut **mushrooms** into ¼” thick slices. Trim and thinly slice **green onions**.



2

Make the Salisbury Steaks

Combine **ground turkey**, half the **green onions**, **oats**, **seasoning blend**, ½ tsp. **salt**, and ¼ tsp. **pepper** in a mixing bowl. Form two oval-shaped “steaks” about the size of your hand. Make a small indentation in the center of each oval.



3

Sear the “Steaks”

Heat a medium pan over medium-high heat. Add 2 tsp. **olive oil** and “steaks” to pan and cook 1-2 minutes on each side, or until browned. Transfer to one side of baking sheet. Reserve pan (no need to wipe clean).



4

Bake Salisbury Steaks and Vegetables

Add **cauliflower**, **green beans**, and **tomatoes** to other side of baking sheet and toss with 2 tsp. **olive oil** and a pinch of **salt and pepper**. Bake 12-15 minutes, or until **Salisbury steaks** reach a minimum internal temperature of 165 degrees and **vegetables** are crisp-tender.



5

Make the Sauce

Halfway through baking veggies and “steaks”, warm same pan used to sear “steaks” over medium heat and add **mushrooms** and a pinch of **salt**. Cook until mushrooms are browned, about 5 minutes. Add **demi-glace** and ¼ cup **water** to pan, increase heat to high, and cook until sauce thickens to a gravy consistency, about 1 minute. Season to taste with **salt and pepper**.



6

Plate the Dish

Arrange **vegetables** and **Salisbury steak** on plate. Top with **gravy** and garnish with remaining **green onions**.