

Lemon Thyme Turkey Cutlets

with Asparagus, Brussels Sprouts & Crispy Fingerlings

A good pan sauce can turn simple, pan-seared meat into a succulent, delicious meal. It's no exaggeration. Deglazing the browned bits (called 'fond,' the French word for 'bottom') left in the pan with stock and herbs creates an almost magical, intensely flavorful sauce that puts this dish over the top. It's one of our favorite techniques.



Ingredients

- 4 Ounces Brussels Sprouts
- 2 Cloves Garlic
- 1 Bunch Lemon Thyme
- 1 Shallot
- ½ Bunch Asparagus
- 6 Ounces Fingerling Potatoes
- 2 Turkey Cutlets
- ¼ Cup All-Purpose Flour
- 3 Tablespoons Chicken Demi-Glace
- 1 Tablespoon Butter

Makes 2 Servings
About 600 Calories Per Serving



Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Trim off and discard the stems of the Brussels sprouts; pluck off the bright, green leaves until you reach the light cores; place the leaves in a small bowl and discard the cores. Peel and mince the garlic. Pick the lemon thyme leaves off the stems; discard the stems. Peel and slice the shallot into rings. Trim off and discard the woody ends of the asparagus stems; cut the spears into 2-inch pieces on an angle.



Cook & peel the potatoes:

Once the water is boiling, add the **potatoes**. Cook 14 to 16 minutes, or until cooked through but still somewhat firm. Drain thoroughly and transfer the cooked potatoes to a bowl of cold water to stop the cooking process. When cool enough to handle, using a paring knife, peel off and discard the skins. Cut the potatoes into bite-sized pieces.



Brown the potatoes:

In a large pan (nonstick, if you have one), heat 2 teaspoons of oil on medium-high until hot. Add the **peeled potatoes** and cook, stirring occasionally to ensure even browning, 2 to 4 minutes, or until golden brown. Season with salt and pepper and transfer the browned potatoes to a paper towel-lined plate. Wipe out the pan.



Cook the asparagus:

In the same pan used to brown the potatoes, heat 2 teaspoons of olive oil on medium-high until hot. Add the **asparagus** and cook 1 to 3 minutes, or until bright green and slightly tender. Season with salt and pepper. Transfer the cooked asparagus to the same paper towel-lined plate as the potatoes. Wipe out the pan.



Cook the turkey cutlets:

Season both sides of the **turkey cutlets** with salt and pepper then completely coat with the **flour**, shaking off any excess. In the same pan used for the asparagus, heat 2 teaspoons of olive oil on medium until hot. Add the **coated cutlets** to the pan and cook 2 to 3 minutes on the first side or until golden brown. Flip the turkey over and add the **garlic** and **shallot**. (If the pan looks dry, add another teaspoon of olive oil.) Cook, stirring occasionally, 1 to 2 minutes, or until the garlic is fragrant and the shallot has softened.



Make the sauce & plate your dish:

Using a spoon to scrape up any browned bits from the bottom of the pan, stir in the **chicken demi-glaze**, **lemon thyme** and $\frac{1}{2}$ **cup of water**. Simmer 2 to 3 minutes, or until the sauce is slightly thickened and reduced in volume. Remove from heat and stir in the **butter**, **cooked asparagus**, **browned potatoes** and **Brussels sprouts**. To plate your dish, divide the **turkey**, **vegetables** and **potatoes** between 2 plates. Top each plate with a few spoonfuls of sauce. Enjoy!