

Maple-Glazed Turkey with Caramelized Carrot Purée



Discover a refined way to revisit the comforting flavors of a traditional sugar shack meal with this maple-glazed turkey breast, served with caramelized carrot purée. A perfect blend of sweetness and tradition to delight your taste buds!

Preparation 15 min

Cooking 50 min

Servings 4

Nutrition Facts (per serving)

Calories 500

Fat 15

Carbohydrates 37

Fibre 7

Protein 52

Sodium 915

Ingredients

Carrot Purée

- 1 L (4 cups) carrots, sliced into rounds
- 15 ml (1 tbsp) olive oil
- 15 ml (1 tbsp) maple syrup

- Salt and pepper, to taste
- 1 yellow onion, quartered
- 2 garlic cloves
- 140 g (5 oz) soft, unaged goat cheese or light feta cheese
- 250 ml (1 cup) canned white beans, rinsed and drained

Sauce / Marinade

- 30 ml (2 tbsp) reduced-sodium soy sauce
- 30 ml (2 tbsp) maple syrup
- 15 ml (1 tbsp) Dijon or whole-grain mustard
- 5 ml (1 tsp) dried thyme and/or rosemary
- Salt and pepper, to taste

Turkey

- 4 turkey cutlets or 1 whole breast (approx. 500 g)

Preparation

1. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. In a bowl, toss the carrots with olive oil, maple syrup, salt, and pepper. Spread evenly on the baking sheet and roast for 20 minutes.
3. Add the onion and garlic to the sheet and continue roasting for 30 more minutes, until the vegetables are tender and caramelized.
4. Meanwhile, in a large bowl, mix the marinade ingredients. Add the turkey and coat well. Let marinate in the refrigerator while the carrots are roasting.
5. Once the vegetables are roasted, let them cool slightly.
6. In a nonstick skillet over medium heat, cook the turkey for 4 to 5 minutes per side, or until the internal temperature reaches 165°F (74°C). Remove from heat and cover.
7. In a food processor, blend the roasted vegetables, cheese, and white beans into a smooth purée. If too thick, add a little water or broth. Adjust seasoning if needed.
8. Divide the carrot purée among four plates, place a sliced portion of turkey on each, and drizzle with any leftover sauce.

Notes

Keeps for 3 days in an airtight container in the refrigerator or 3 months in the freezer.



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