

21 Pot-au-feu



White & dark meat turkey half-roast (811-8141)

4.4 lbs. 2 kg

Broth to be Served with Roast

Garlic cloves, chopped	4	10 g
Carrots, sliced	500 ml	2 cups 330 g
Potatoes, diced	4	500 g
Green beans or wax beans	1 L	4 cups 465 g
Vegetable broth	500 ml	2 cups 500 g
Whole wheat flour	30 ml	2 tablespoons 45 g
Pepper	To taste	

Side Dish

Linguine, whole grain, uncooked	1 L	1 kg
Your choice of legumes (beans, lentils...), canned	2 cans (540 ml / 19 oz)	

- : 10
- : 15 minutes
- : 3 hours.
- : no

Nutrition Facts

For 1 portion (180 g)

Amount	% Daily Value
Calories 300	
Fat 4.5 g	7%
Saturated 1 g	
+ trans 0 g	5%
Polyunsaturated 1.5 g	
Omega-6 0.5 g	
Omega-3 0.1 g	
Monounsaturated 1 g	
Cholesterol 75 mg	25%
Sodium 130 mg	5%
Potassium 610 mg	18%
Carbohydrates 35 g	12%
Fibre 5 g	20%
Sugar 4 g	
Protein 31 g	
Vitamin A 113 RE	10%
Vitamin C 2 mg	4%
Calcium 65 mg	6%
Iron 4 mg	30%
Phosphorus 163.2 mg	15%

- 1 Preheat oven to 165 °C (325 °F).
- 2 Place raw frozen roast with its boil-in-bag in a large roasting pan filled to the top with water.
- 3 Perforate boil-in-bag with a fork in order to allow heat to escape.
- 4 Cook for about 3 hours or until internal meat temperature reaches 71 °C (160 °F).
- 5 Remove from oven and set aside for 15 minutes at room temperature before opening boil-in-bag.
- 6 Slice roast.
- 7 To make the broth, place all the vegetables in a large kettle.
- 8 Blend flour in the broth, pour over vegetables and simmer for 15 minutes.
- 9 Cook linguine according to package directions.
- 10 Distribute linguine in 10 deep plates and garnish each with a slice of turkey roast, add the vegetable broth and your choice of legumes (beans, lentils...).

Chef's Remarks

You may replace the vegetable broth with chicken broth. replacement product: chicken breasts, bone-in (706-2381).

Canada's Food Guide Portions

$\frac{3}{4}$ serving of vegetables and fruit
+ 2 servings of grain products
+ 1 $\frac{1}{2}$ servings of meat and alternatives.



Olymel Product Allergens

*Contains : none



Food Exchange System

2 servings of starch
+ 1 serving of vegetables
+ 3 servings of meat and alternatives.

*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)