

**Name**

Stovetop Turkey Breast

**Details**

Stovetop Turkey Breast is a main course with a prep time of 15 minutes and a cook time of 44 minutes. Serves two.

**Ingredients**

1. 500 grams of turkey breast fillet (with or without skin)
2. 3 sticks of celery
3. 6 pieces of eschalots
4. 2 tablespoons of chopped rosemary
5. Zest of ½ lime
6. 2 tablespoons of pine seeds
7. 40 grams of butter
8. 1 tablespoon cooking oil
9. 1 cup of chicken stock
10. 1 cup of water
11. 2 tablespoons of flour
12. 2 teaspoons of salt
13. 2 teaspoons of black pepper

**Method**

- Peel the eschalots and cut them in half.
- Slice the celery into 2 centimeter pieces.
- Rub the turkey breast with 20 grams of butter, sprinkle with pepper, salt and rosemary.
- Place a deep pan onto a stovetop and add the cooking oil, 20 grams of butter and let them heat up.
- Add the turkey breast to the pan then follow with the celery, eschalots, lime and pine seeds.
- Let the breast cook on each side for 7 minutes until golden brown.
- Keep stirring the vegetables on each side of the turkey so they don't burn while the turkey cooks.
- Add the chicken stock and water to the deep pan, cover and cook for 30 minutes.
- Sieve the leftover stock and place half of it in a small deep pot. Add the flour and stir until slightly thickened.
- Serve the turkey breast with the cooked vegetables and sauce.

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