

Brêlât turkey, cherry tomato and caramelized onions on a bed of spaghetti squash

Recipe for 4

Description

Quebec turkey served and prepared in a simple and delicious seasonal dish.

Ingredients

Quebec Turkey

- 2 Unit(s) Turkey breast
- 2 Unit(s) Onion
- 1 Tray(s) Cherry tomatoes
- 2 Sprig(s) Thyme
- 0.50 Unit(s) Lemon juice
- 3 Clove(s) Chopped garlic
- 250 Ml Chicken stock
- 4 Handful(s) Baby spinach

- Salt and pepper
- Vegetable oil
- Olive oil

Spaghetti squash

- 1 Large Squash spaghetti

- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Preparation

Prepare and heat the chicken stock. Peel and mince the onions. Cut the tomatoes in two. Cut the turkey breast into cubes.

Turkey

In a hot skillet with oil, color the turkey cubes making sure they are nice and colored on both sides. Set aside in a mixing bowl.

In the same skillet, add a drizzle of oil. Sweat the onions for 2 minutes and then add the garlic. Season with salt and pepper and then add the cherry tomatoes and lemon juice.

Add the chicken stock, lower the heat and let cook on a low simmer for 20 minutes.

Add the turkey cubes to the skillet, continue to cook for 10 minutes and then add the spinach.

Season to taste and keep warm.

Spaghetti squash

With a fork, stab a line of holes all the way around the squash tracing a cutting line lengthwise. Place the squash in the microwave for 5 minutes. Open the squash along the fork line, drizzle with

oil, salt and pepper and then place both halves flesh side down on a baking sheet lined with parchment paper or a silicone baking mat.

Roast in the oven for 40 minutes. Remove from the oven and then using a fork, pull the flesh from the husk to get your spaghetti squash.

Plating

Place the squash at the bottom of your serving dish and then garnish with the onion, tomato and turkey mixture. Enjoy!

Bon appétit!