One Pan Christmas Turkey Breast & Healthy Veggies

Prep time: 30 mins Cooking time: 3 hours Serves: 8

Ingredients

- 1 Lemon
- 6 tbsp. salt reduced butter
- 4 cloves garlic, crushed
- 2 tbsp. Dijon mustard
- 2kg turkey-breast, deboned
- 500g medium shallots, halved lengthwise (left in their skins)
- 1 tsp. olive oil
- 500g small purple potatoes, scrubbed and halved lengthwise
- 300g small parsnips, trimmed, scrubbed and halved lengthwise
- 500g small thin carrots, trimmed and scrubbed

Method

1. Heat oven to 220 degrees. With vegetable peeler, remove 6 strips lemon zest, avoiding white pith; thinly slice crosswise.
2. In small bowl, combine butter, garlic, mustard, lemon zest and ½ teaspoon each salt and pepper; set aside.
3. Rub butter mixture all over turkey breast
4. On large rimmed baking sheet, toss shallots with oil and ¼ teaspoon each salt and pepper. Arrange them in centre of sheet and place turkey on top.
5. Roast 60 minutes.
6. Remove from oven and transfer turkey to cutting board. Add potatoes, carrots and parsnips to baking sheet and toss with shallots and 1/2 teaspoon each salt and pepper.
7. Arrange in even layer. Place turkey on top of vegetables and roast until turkey registers 71 degrees on instant-read thermometer and vegetables are golden brown and tender.
8. If vegetables are done before turkey, simply remove them from the pan.
9. Transfer turkey to clean cutting board and let rest at least 10 minutes before slicing.
10. Serve with pan juices and vegetables.

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