Turkey Broccoli Cheese Bake

One 9×13 in (23×33 cm) baking dish, at least 3.5 qt/3.3 L;6 main-dish portions · Active 40 min · Total 1 hr 40 min

Ingredients

- 1 lb 2 oz waxy potatoes, peeled and cut in 3/4-in/2-cm cubes (500 g prepared)
- 6 cups water (1.4 L), for potatoes
- 1 lb broccoli, small florets and peeled stem dice (450 g prepared)
- 1 cup water (240 ml), for steaming
- 1 tablespoon neutral oil (15 ml)
- 1 lb 5 oz boneless skinless turkey breast, cut in 3/4-in/2-cm pieces (600 g)
- 2 tablespoons butter (30 g)
- 1 medium onion, finely chopped (150 g)
- 3 tablespoons all-purpose flour (25 g)
- 1 3/4 cups milk (420 ml)
- 1/2 cup low-sodium chicken stock (120 ml)
- 2 teaspoons Dijon mustard (10 g)
- 4 oz mature cheddar, grated (115 g), divided:3 oz/85 g for sauce and 1 oz/30 g for top
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper

Set out

Oven, 9×13 in (23×33 cm) baking dish, at least 3.5 qt/3.3 L, Large saucepan, Steamer basket and covered pan, 12-in/30-cm deep skillet, Colander, Plate, Whisk, Rimmed baking sheet, Food thermometer, Suitable foil if the topping colors before the center finishes

Allergens

Milk, Wheat, Mustard; check stock for celery or other allergens. Check labels and substitutions.

Make it

1. Heat oven to 400°F (205°C). Put the dish on a rimmed sheet. Bring potatoes and their water to a boil; simmer 10–12 minutes until just tender, then drain. Meanwhile steam broccoli stem dice over their water 2 minutes, add florets and steam 3 minutes more until nearly tender; spread on a plate.

2. Heat oil in the skillet over medium-high heat. Cook turkey 8–10 minutes, turning, until several thick pieces reach 165°F (74°C). Transfer to a clean plate.

3. Lower heat, melt butter and cook onion 7–9 minutes until soft. Stir in flour 1 minute, then gradually whisk in milk and stock. Simmer 3–4 minutes until sauce coats a spoon. Take off the heat and stir in mustard,85 g cheddar, salt and pepper.

4. Fold turkey, potatoes and broccoli gently into the warm sauce and spread in the dish. Scatter remaining 30 g cheddar. Bake 25–30 minutes until lightly golden and the center and several other points reach 165°F (74°C). Shield the surface loosely with foil if needed while the center finishes.

5. Rest 5 minutes and divide into six portions.

Fold after everything has its head start

Do not keep stirring to make the filling look uniform. Intact broccoli florets and potato cubes are more useful here than a smooth mixture with turkey hidden inside.

A useful detail

The 100-minute total includes preparing three main ingredients, overlapping vegetable cooking with turkey, the full sauce stage, bake and rest. Turkey pieces are checked before assembly and the whole casserole is checked again.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 3 days or an earlier ingredient deadline. Reheat to 165°F (74°C). Refrigeration is preferred to freezing because potatoes can become grainy and broccoli much softer after thawing.