



Cooking Made Easy

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Tuscan Kale Panzanella

with Fresh Mozzarella & Roasted Rainbow Carrots



Panzanella is a traditional Italian bread salad. We put a twist on the classic recipe that uses tomatoes, by adding vitamin-rich kale and sweet roasted carrots. Creamy fresh mozzarella was too good to pass up, so we decided to amp it up with some herbes de Provence. Mamma would be proud!



35 min



level 1



nut free



veggie



Baguette



Tuscan Kale



Fresh Mozzarella Cheese



Shallot



Rosemary



Herbes de Provence



Garlic



Lemon



Rainbow Carrots

| Ingredients | | 2 People | 4 People |
|-------------------------|-------|----------|-----------|
| Baguette | 1) 2) | 1 | 2 |
| Tuscan Kale | | 1 bunch | 2 bunches |
| Lemon | | 1 | 2 |
| Shallot | | 1 | 2 |
| Rosemary | | 1 sprig | 2 sprigs |
| Fresh Mozzarella Cheese | 3) | 6 oz | 12 oz |
| Garlic | | 2 cloves | 4 cloves |
| Herbes de Provence | | 1 t | 2 t |
| Rainbow Carrots | | 1 bunch | 2 bunches |
| Olive Oil* | | 2 ½ T | 5 T |

*Not Included

Allergens

1) Wheat

2) Soy

3) Milk

Tools

Baking Sheet, Large Bowl, Large Pan, Zester

Ruler

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Nutrition per person Calories: 772 cal | Carbs: 63 g | Fat: 49 g | Protein: 33 g | Fiber: 12 g



1 Preheat oven to 400 degrees. Cut the **baguette** into 1-inch cubes. Peel and cut the **carrots** into 3-inch pieces, halving or quartering any wider pieces. Strip the **rosemary leaves** from the sprig, then finely chop.



2 Arrange the **cROUTONS** and **carrots** on separate sides of a baking sheet and drizzle each with ½ tablespoon **olive oil**, the **chopped rosemary**, and a pinch of **salt** and **pepper**. Lightly toss, then place in the oven for 10-12 minutes, until cROUTONS are toasted. Remove the baking sheet from the oven and set cROUTONS aside. Return the baking sheet to oven and allow the carrots to cook for 10-15 more minutes, until caramelized and tender.



3 Meanwhile, thinly slice the **shallot** and **garlic**. Remove and discard the ribs and stems from the **kale** and thinly slice the leaves. Cut the **mozzarella** into ½-inch cubes. Zest and juice the **lemon**.



4 Toss the mozzarella in a large bowl with 1 teaspoon **herbes de Provence**, ½ teaspoon **lemon zest**, 1 tablespoon **lemon juice**, and 1 tablespoon **olive oil**.

5 Heat ½ tablespoon **olive oil** in a large pan over medium heat. Add the **shallot** and cook, tossing, for 5 minutes or until soft. Add the **kale** to the pan and toss until wilted, about 4 minutes, adding a splash of water if necessary. Add the **garlic** to the pan and cook for another 30 seconds, until fragrant. Season with **salt** and **pepper** and set aside.

6 Once the **carrots** are ready, stir them into the bowl with the **marinated mozzarella** along with the **kale** and **cROUTONS**. Season with **salt** and **pepper**.

Tip If you can stand the wait, let the salad marinate for 10 minutes so that the cROUTONS can soak up all the flavors. This would be a great time to fry