



More than Food

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Curry-Roasted Acorn Squash & Kale Salad with Parmesan Frico, Apple, and Honey-Balsamic Vinaigrette

We love acorn squash for its sweet, slightly chestnutty flavor. It's even better caramelized with fragrant yellow curry and a pinch of cayenne. If you've never made Parmesan frico before, you're in for a treat—they're crisps made entirely from melted cheese!



45 min



level 2



veggie



nut free



gluten free



Acorn Squash, whole



Kale



Shredded Parmesan



Fuji Apple



Shallot



Honey



Balsamic Vinegar



Curry Powder



Cayenne Pepper

Ingredients

	2 People	4 People
Acorn Squash, whole	2 lb.	4 lb.
Kale	12 oz	24 oz
Shredded Parmesan 1)	½ C	1 C
Fuji Apple	1	2
Shallot	1	2
Honey	1 T	2 T
Balsamic Vinegar	1 T	2 T
Curry Powder	1 t	2 t
Cayenne Pepper 	1 t	2 t
Olive Oil*	2 T + 1 t	4 T + 2 t

*Not Included

Allergens

1) Milk

Tools

2 Baking Sheets,
Large Bowl, Whisk

Ruler

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Nutrition per person Calories: 692 cal | Carbs: 107 g | Fat: 27 g | Protein: 24 g | Fiber: 17 g | Sodium: 425 mg

Make sure to wash and dry produce before prepping or cooking!



1 Roast the squash: preheat the oven to 375 degrees. Halve the **acorn squash**, then scoop out and discard the seeds. Slice the **squash** into ½-inch wedges. Toss the squash on a baking sheet with a drizzle of **olive oil**, the **curry powder**, a pinch of **cayenne** (we used ⅛ teaspoon), **salt**, and **pepper**. Place in the oven for 35-40 minutes, flipping halfway through cooking, until soft and golden brown.



2 Make the Parmesan frico: while the **squash** roasts, line another baking sheet with parchment paper. If you do not have parchment, lightly oil the baking sheet. Place the **Parmesan** (about 1 heaping teaspoon at a time) onto the parchment to form 2-inch circles, each about 1 inch apart. Make sure the Parmesan is layered evenly. It should look like you're about to bake a batch of cookies! Place the baking sheet in the oven for 4-5 minutes, watching constantly, until golden brown throughout. Set aside to cool.



3 Remove and discard the **kale stems**, then tear the **kale leaves** into 1-inch pieces. Halve, peel, and mince the **shallot**.



4 Make the honey-balsamic vinaigrette: in a large bowl, whisk together **1 teaspoon honey** (reserving the rest for later), **1 Tablespoon balsamic vinegar**, **2 Tablespoons olive oil**, and **shallot** (to taste). Season with **salt** and **pepper**.

5 Toss the **kale** into the **vinaigrette** and massage with your hands until the kale softens slightly. Season with **salt** and **pepper**.

6 When the **acorn squash** is ready, remove the baking sheet from the oven and drizzle the **squash** with the **remaining honey**. Halve, core, and thinly slice the **apple**. Toss the **apple** into the **kale** mixture along with **any remaining shallot**, if desired.

7 Plate the **kale salad**, then top with the **curry roasted acorn squash** and **Parmesan frico**. Enjoy!