

# **INGREDIENTS**

2 PERSON | 4 PERSON



**Brussels Sprouts** 



Sweet Potato



Apple



1 Clove | 2 Cloves



Ciabatta Contains: Soy, Wheat



4 oz | 8 oz



1 TBSP | 2 TBSP Fry Seasoning



4.5 oz | 9 oz Honey Dijon Dressing Contains: Eggs



3 TBSP | 6 TBSP Parmesan Cheese Contains: Milk



1 oz 2 oz **Dried Cranberries** 



ANY ISSUES WITH YOUR ORDER? THERE TOO. SCAN HERE TO GET HELP!



## **HelloCustom**

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.

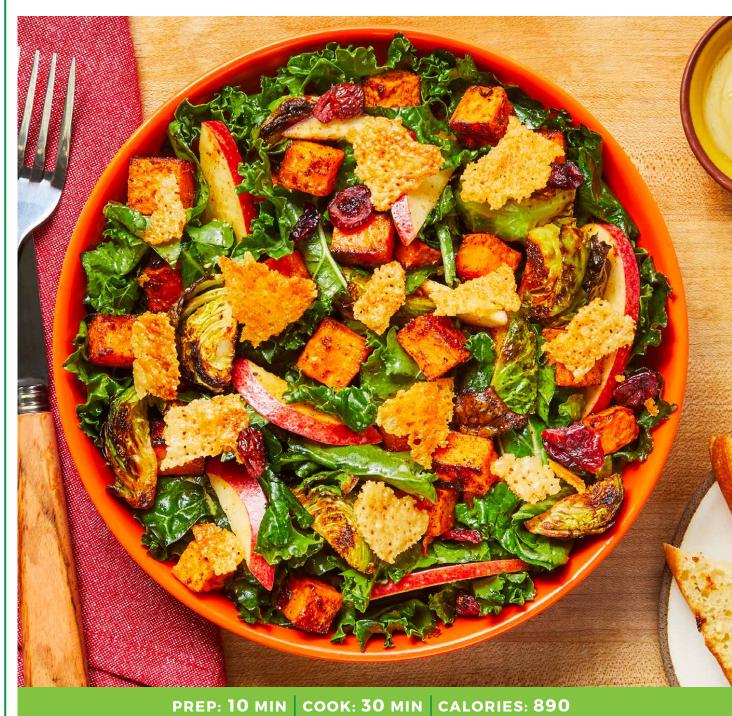


10 oz | 20 oz S Chicken Cutlets



# **CRANBERRY-APPLE KALE SALAD**

with Roasted Veggies, Parm Frico & Garlic Ciabatta





## HELLO

#### **FRICO**

Lacy, thin, and crispy rounds of baked Parmesan cheese

### KALF VFAH

Why do we ask you to massage your kale in Step 5? It helps the leaves become extra-tender and infuses them with flavor while you provide them some TLC!

#### **BUST OUT**

- Peeler
- Small bowl
- Large bowl
- Paper towels
- 2 Baking sheets
- Large pan 🔄
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp) 🖨
- Olive oil (1 tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP) Contains: Milk

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#### 1 PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. Wash and dry produce.
- Trim **Brussels sprouts**; halve or quarter lengthwise depending on size. Peel and dice sweet potato into 1/2-inch pieces. Peel and mince or grate garlic. Halve ciabatta lengthwise. Remove and discard any large stems from kale; chop into bite-size pieces. Halve and core apple; thinly slice one half (whole apple for 4 servings).



## **2 ROAST VEGGIES**

- In a large bowl, toss **Brussels sprouts** and sweet potato with a large drizzle of oil, Fry Seasoning, salt, and pepper. Spread out across a baking sheet. (Keep bowl handy for Step 5.)
- Roast on top rack until veggies are browned and tender. 20-25 minutes.
- Let cool at least 5 minutes.



## **3 MAKE GARLIC BREAD**

- Once veggies are almost done, place 2 TBSP butter (4 TBSP for 4 servings) in a small microwave-safe bowl. Microwave until melted, 30 seconds. Stir in garlic to taste, then brush onto cut sides of ciabatta. Season with salt and pepper.
- Place ciabatta, cut sides up, on one side of a second baking sheet.



#### **4 TOAST BREAD & FRICO**

- **Lightly oil** opposite side of sheet from ciabatta; evenly sprinkle Parmesan into two 3-inch-wide circles (four circles for 4 servings) on sheet.
- · Toast on middle rack until ciabatta and frico are golden brown and crisp. 6-8 minutes. TIP: Check often to make sure the cheese doesn't burn.
- Let **frico** cool on sheet until crispy, then transfer to a paper-towel-lined plate.
- Pat chicken\* dry with paper towels: season with salt and pepper. Heat a drizzle of oil in a large, preferably nonstick, pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board to rest.



#### **5 MAKE SALAD**

- Meanwhile, place **kale** in bowl used for veggies. Add a drizzle of olive oil; lightly season with salt. Using your hands, massage kale until leaves are tender. 30-60 seconds.
- Add sliced apple, cranberries, and 34 of the roasted veggies (save the rest for serving) to bowl; toss with honey Dijon dressing to taste. Season with salt and pepper.



#### 6 FINISH & SERVE

- Halve garlic ciabatta on a diagonal. Break frico into bite-size pieces.
- Divide salad between plates or shallow bowls. Garnish with remaining roasted veggies and frico. Serve with garlic ciabatta on the side.
- Thinly slice **chicken** crosswise; serve atop salad.