



WARM CHICKEN, APPLE & KALE GRAIN BOWLS

**FAST &
FRESH**

with Feta, Dried Cranberries, Almonds & Balsamic Vinaigrette

BOX TO PLATE: 15 MINUTES

HELLO

FAST & FRESH

A super-speedy meal designed by our chefs that delivers a delicious dinner to your table in 15 minutes or less!

BUST OUT

- Pan
- Aluminum foil
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Olive oil (2 TBSP | 4 TBSP)
- Bowl
- Whisk



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CALORIES: 1000

1 SIZZLE



10 oz | 20 oz
Chicken Cutlets

- Drizzle **oil** in a hot pan. Add **chicken***; cook until browned and cooked through, 3-5 minutes per side. Transfer to a plate and cover with foil to keep warm.



3 PREP



1 | 2
Microwavable Grain Blend
Contains: Wheat



8 oz | 16 oz
Kale



1 | 2
Apple

- Massage **grain blend** in package to separate grains. Partially open package; microwave until warmed through, 90 seconds.
- **Wash and dry produce.** Remove and discard any large stems from **kale**; chop if desired. Halve, core, and dice **apple** into ½-inch pieces.



2 MIX



2 tsp | 4 tsp
Dijon Mustard



2 tsp | 4 tsp
Honey



5 tsp | 10 tsp
Balsamic Vinegar

- In a large bowl, whisk together **mustard, honey, and vinegar**; slowly whisk in **2 TBSP olive oil (4 TBSP for 4)** until creamy. Season with **salt and pepper**.



4 SERVE



1 oz | 2 oz
Dried Cranberries



1 Cup | 2 Cups
Feta Cheese
Contains: Milk



1 oz | 2 oz
Sliced Almonds
Contains: Tree Nuts

- Add **kale** and a **pinch of salt** to bowl with **vinaigrette**; using your hands, massage **kale (similar to how you would knead dough)** until leaves are tender, 1 minute. **TIP: Don't skip this step—massaging helps the kale leaves wilt slightly, lending a tender (never fibrous!) texture.**



- Stir in **grain blend, apple, dried cranberries, cheese, and almonds.**
- Slice **chicken** crosswise; top **salad** with **chicken** and serve.

*Chicken is fully cooked when internal temperature reaches 165°.