



# ALL KALE CHICKEN CAESAR

with Tomato, Sweet Potato, Croutons & Parmesan

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Lemon



1 | 2  
Tomato



1.5 oz | 3 oz  
Caesar Dressing  
Contains: Eggs,  
Fish, Milk



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



10 oz | 20 oz  
Chicken Cutlets



1 TBSP | 1 TBSP  
Italian Seasoning



4 oz | 8 oz  
Kale



1 | 2  
Sweet Potato



3 TBSP | 6 TBSP  
Parmesan Cheese  
Contains: Milk



1 | 2  
Croutons  
Contains: Milk, Wheat



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

## HELLO

### PARMESAN

It's called the "King of Cheeses" for a reason—rich, salty Parm turns anything it touches to gold.

PREP: 5 MIN | COOK: 25 MIN | CALORIES: 590



## KALE YEAH

Why do we ask you to massage your kale *after* adding the olive oil, lemon juice, and salt, and not before? These added ingredients help the leaves become extra-tender while infusing the greens with flavor and brightness. Your hands are the best tool for this job!

## BUST OUT

- Baking sheet
  - Paper towels
  - Zester
  - Large pan
  - Small bowl
  - Large bowl
- 
- Kosher salt
  - Black pepper
  - Cooking oil (1 TBSP | 1 TBSP)
  - Olive oil (2 tsp | 2 tsp)

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



### 1 ROAST SWEET POTATO

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **sweet potato** into ½-inch pieces. Toss on a baking sheet with a **drizzle of oil, salt, and pepper.**
- Roast on top rack until browned and tender, 18-20 minutes. Allow to cool for 5 minutes.



### 4 MASSAGE KALE

- Meanwhile, remove and discard any large stems from **kale**. Place in a large bowl along with a **large drizzle of olive oil**, a **squeeze of lemon juice**, and a **big pinch of salt**.
- 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, giving them a tender (never fibrous!) texture.**



### 2 PREP & MAKE DRESSING

- While sweet potato roasts, zest and quarter **lemon**. Cut **tomato** into wedges.
- In a small bowl, combine **Caesar dressing, sour cream, lemon zest**, and a **squeeze of lemon juice, salt, and pepper.**



### 5 MAKE SALAD

- Transfer **sweet potato** to bowl with **kale**. Add **tomato, Parmesan, croutons**, and **¾ of the dressing (save the rest for serving)**.
- Gently toss until coated. Season with **salt, pepper**, and more **lemon juice** if desired.



### 3 COOK CHICKEN

- Pat **chicken\*** dry with paper towels. Season all over with **half the Italian Seasoning (all for 4 servings), salt, and pepper.**
- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Turn off heat; transfer to a cutting board.
- **GRILLING ALTERNATIVE: Heat a well-oiled grill or grill pan over medium-high heat. Add chicken and cook until browned and cooked through (we suggest 3-5 minutes per side, but grills can vary).**



### 6 FINISH & SERVE

- Slice **chicken** crosswise.
- Divide **salad** between shallow bowls or plates. Arrange chicken over top. Drizzle with **remaining dressing** and serve.