



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?
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THERE TOO. SCAN HERE TO GET HELP!



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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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 2/3 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.

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