



CRANBERRY-APPLE KALE SALAD

with Roasted Veggies, Parm Frico & Garlic Ciabatta

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Brussels Sprouts



1 | 2
Purple Sweet
Potato



1 | 1
Apple



1 Clove | 2 Cloves
Garlic



1 | 2
Ciabatta
Contains: Soy, Wheat



4 oz | 8 oz
Kale



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



HelloCustom

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



10 oz | 20 oz
Chicken Cutlets



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 1120

Calories: 1280



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 930



HELLO

FRICO

Lacy, thin, and crispy rounds of baked Parmesan cheese

KALE YEAH

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

🍳 *Salmon is fully cooked when internal temperature reaches 145°.



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 ½-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**).



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*** or **salmon*** 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 or salmon (**skin sides down**); cook chicken until cooked through, 3-5 minutes per side, or cook salmon until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Transfer to a cutting board to rest.



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.



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 **¾ of the roasted veggies (save the rest for serving)** to bowl; toss with **honey Dijon dressing** to taste. Season with **salt** and **pepper**.



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.



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 (**skip slicing salmon!**). Serve chicken or **salmon** atop **salad**.