



KALE, APPLE & FETA HARVEST SALAD

with Garlicky Chickpeas & Dried Cranberries

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Shallot



1 | 2
Apple



4 oz | 8 oz
Kale



2 tsp | 4 tsp
Dijon Mustard



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



1 | 2
Chickpeas



1 tsp | 2 tsp
Garlic Powder



5 tsp | 10 tsp
Balsamic Vinegar



2 oz | 4 oz
Mixed Greens



1 oz | 2 oz
Dried Cranberries



✓ READY, SET,
LUNCH!



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

TOTAL TIME: 15 MIN | CALORIES: 750



BUST OUT

- Strainer
- Paper towels
- Large pan
- Large bowl
- Cooking oil (1 tsp | 1 tsp)
- Olive oil (11 tsp | 20 tsp)
- Sugar (¼ tsp | ½ tsp)
- Small bowl
- Whisk
- Kosher salt
- Black pepper

KALE YEAH!

To quickly prep kale, hold the stem end with one hand, then pinch and strip the leaves down and away with your other hand (like pulling a zipper!).

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INSTRUCTIONS

- **Wash and dry produce.**
- Halve, peel, and thinly slice **shallot**. Drain and rinse **chickpeas**; dry thoroughly with paper towels. Halve, core, and dice **apple** into ½-inch pieces.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **shallot** and **chickpeas**; season with **garlic powder, salt, and pepper**. Cook, stirring occasionally, until chickpeas are warmed through and browned in spots, 2-4 minutes. (TIP: It's natural for chickpeas to pop a bit; lower heat if needed.) Transfer to a plate to cool.
- Meanwhile, remove and discard any large stems from **kale**; chop into bite-size pieces.
- Place **kale** in a large bowl. Using your hands, massage with a **large drizzle of olive oil** until leaves are tender, 1-2 minutes (similar to how you would knead dough). TIP: Don't skip this step—massaging helps the kale leaves wilt slightly, lending a tender (never fibrous!) texture.
- In a small bowl, whisk together **vinegar, Dijon, 3 TBSP olive oil, and ¼ tsp sugar** (6 TBSP olive oil and ½ tsp sugar for 4 servings).
- Add **mixed greens, shallot and chickpeas, apple, and feta** to bowl with **kale**. Drizzle with as much **dressing** as you like; toss to combine.
- Divide **salad** between bowls and garnish with **dried cranberries**. Serve. TIP: Taking it to go? Refrigerate prepared ingredients in separate containers, then toss when ready to eat.