



SMOKY BROWN SUGAR CHICKEN & KALE SALAD

with Apple, Roasted Carrots, Sunflower Seeds & Honey Dijon Dressing

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Carrots



4 oz | 8 oz
Kale



1 | 1
Apple



10 oz | 20 oz
Chicken Cutlets



10.8 g | 20.16 g
Brown Sugar
Bourbon Seasoning



1 oz | 2 oz
California Sun-Dried
Raisins



3 oz | 6 oz
Honey Dijon
Dressing
Contains: Eggs



½ oz | 1 oz
Sunflower Seeds



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HELLO

BROWN SUGAR BOURBON SEASONING

A mix of savory-sweet smokiness adds rich, complex flavor that takes juicy chicken cutlets to the next level.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 580



SUN-MAID CALIFORNIA SUN-DRIED RAISINS

Sun-Maid Raisins are the trusted, better-for-you ingredient to add texture, flavor, and natural sweetness to any dish.



KALE YEAH

Why do we ask you to massage your kale? It helps the leaves become extra-tender while infusing them with flavor!

BUST OUT

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

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1 ROAST CARROTS

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Toss on a baking sheet with a **drizzle of oil, salt,** and **pepper.**
- Roast on top rack until lightly browned and tender, 20-25 minutes.
- Let cool for at least 5 minutes.



4 SEASON & COOK CHICKEN

- Pat **chicken*** dry with paper towels and season all over with **Brown Sugar Bourbon Seasoning, salt,** and **pepper.**
- Heat a **drizzle of oil** in a large pan over medium heat. Add chicken and cook until browned and cooked through, 5-7 minutes per side.
- Transfer to a cutting board; let rest at least 5 minutes.



2 PREP

- Meanwhile, remove and discard any large stems from **kale**; chop into bite-size pieces. Halve, core, and thinly slice **half the apple (whole apple for 4 servings).**



5 MAKE SALAD

- Add **California Sun-Dried Raisins, roasted carrots,** and **sliced apple** to bowl with **kale.** Season with **salt** and **pepper.**
- Reserve a **half packet of dressing (whole packet for 4 servings)** in a small bowl for serving. Drizzle **salad** with remaining dressing to taste; toss to combine.



3 MASSAGE KALE

- Place **kale** in a large bowl and lightly season with **salt.** Using your hands, massage kale (**similar to how you would knead dough**), until leaves are tender, 30-60 seconds. **TIP: To make kale even more tender, add a drizzle of olive oil along with the salt before massaging.**



6 FINISH & SERVE

- Thinly slice **chicken** crosswise.
- Divide **salad** between bowls and top with chicken. Drizzle with **reserved dressing.** Sprinkle with **sunflower seeds** and serve.

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