



# HERBED CHICKEN OVER APPLE & KALE SALAD

with Parmesan, Dried Cranberries & Dijon Dressing

## INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz  
Kale



1 | 2  
Apple



10 oz | 20 oz  
Chicken Cutlets



1 tsp | 2 tsp  
Garlic Powder



1 tsp | 1 tsp  
Dried Thyme



1.5 oz | 3 oz  
Honey Dijon Dressing  
Contains: Eggs



2 tsp | 4 tsp  
Dijon Mustard



3 TBSP | 6 TBSP  
Parmesan Cheese  
Contains: Milk



1 oz | 2 oz  
Dried Cranberries



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



## HelloCustom

2 PERSON | 4 PERSON

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



10 oz | 20 oz  
Salmon  
Contains: Fish

Calories: 690



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 530



HELLO

### DRIED THYME

Dried herbs have a more concentrated flavor than fresh herbs (so you can use less!).

### KALE YEAH

Why do we ask you to massage your kale? It helps the leaves become tender (so they're never too tough and chewy) while infusing them with flavor!

### BUST OUT

- Large bowl
- Paper towels
- Plastic wrap
- Mallet
- Large pan
- Small bowl
- Whisk
- Kosher salt
- Black pepper
- Olive oil (3 tsp | 4 tsp)
- Cooking oil (1 tsp | 1 tsp)

### MORE IS MORE

If you ordered 6 servings, simply triple the amounts in the 2-person recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

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

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



### 1 PREP

- **Wash and dry produce.**
- Remove and discard any large stems from **kale**; chop into bite-size pieces. Halve, core, and thinly slice **apple**.
- Place kale in a large bowl; using your hands, massage kale with a **large drizzle of olive oil** (similar to how you would knead dough) until leaves are tender, 1-2 minutes. **TIP: Don't skip this step—massaging helps the kale leaves wilt slightly, lending a tender (never fibrous!) texture.**



### 3 MAKE DRESSING

- Meanwhile, in a small bowl, whisk together **honey Dijon dressing**, **mustard**, and a **drizzle of olive oil** (large drizzle for 4 servings). Season lightly with **salt** and **pepper**.



### 2 COOK CHICKEN

- Pat **chicken\*** dry with paper towels; place between two large pieces of plastic wrap. Pound with a mallet or rolling pin until chicken is about ½ inch thick. Season all over with **garlic powder**, **half the thyme** (all for 4 servings), **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side.
- Transfer to a cutting board.
- 🔄 Swap in **salmon\*** for chicken (no need to pound salmon!). Cook salmon (skin sides down) until skin is crisp, 5-7 minutes. Flip and cook until cooked through, 1-2 minutes more. Transfer to a plate.



### 4 FINISH & SERVE

- Slice **chicken** crosswise.
- Add **apple** and **Parmesan** to bowl with **kale**. Toss with as much **dressing** as you like.
- Divide **salad** between bowls. Sprinkle with **dried cranberries**. Top with chicken. Drizzle with any remaining dressing. Serve.
- 🔄 Serve **salmon** (no need to slice!) atop salad.

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