



# **INGREDIENTS**

2 PERSON | 4 PERSON



**Brussels Sprouts** 



Sweet Potato



Apple



1 Clove | 2 Cloves Garlic



Ciabatta Contains: Soy, Wheat



4 oz | 8 oz



1 TBSP | 2 TBSP Fry Seasoning



4.5 oz | 9 oz Honey Dijon Dressing **Contains: Eggs** 



3 TBSP | 6 TBSP Parmesan Cheese Contains: Milk



**Dried Cranberries** 



# **CRANBERRY-APPLE KALE SALAD**

with Roasted Veggies, Parm Frico & Garlic Ciabatta





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

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

**HelloCustom** 



10 oz | 20 oz S Chicken Cutlets







# **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
- Paper towels • Large pan 🔄
- Large bowl
- 2 Baking sheets
- Small bowl
- 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

#### **MORE IS MORE**

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, 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. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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† "Chicken is fully cooked when internal temperature reaches 165°.



## 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).



## **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.



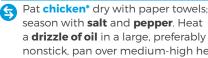
# **3 MAKE GARLIC BREAD**

- 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.



## **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.



nonstick, pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board to rest.



#### **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 3/4 of the roasted veggies (save the rest for serving) to bowl; toss with honey Dijon dressing to taste. Season with salt and pepper.



## 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; serve atop salad.

