



# SMOKY BROWN SUGAR CHICKEN SALAD

with Kale, 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 | 21.6 g  
Brown Sugar  
Bourbon Seasoning



1 oz | 2 oz  
Dried Cranberries



3 oz | 6 oz  
Honey Dijon  
Dressing  
Contains: Eggs



½ oz | 1 oz  
Sunflower Seeds



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: 750



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 590



HELLO

### BROWN SUGAR BOURBON SEASONING

A mix of savory smoke and sweetness adds mouthwatering flavor

### ZIP IT GOOD

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!).

### BUST OUT

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

### 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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### 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.

- 🔄 Swap in **salmon\*** for chicken. Cook salmon (**skin sides down**) until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Transfer to a plate to rest.



### 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 **cranberries, 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 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.

🔄 Serve **salmon** atop **salad**.

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

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