

INGREDIENTS

2 PERSON | 4 PERSON



Chickpeas



¼ Cup | ½ Cup Panko Breadcrumbs **Contains: Wheat**



5 tsp | 10 tsp Balsamic Glaze



1 TBSP | 2 TBSP Italian Seasoning



Israeli Couscous Contains: Wheat





4 oz | 8 oz Grape Tomatoes



2 tsp | 4 tsp Dijon Mustard



3 TBSP | 6 TBSP Parmesan Cheese Contains: Milk



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.

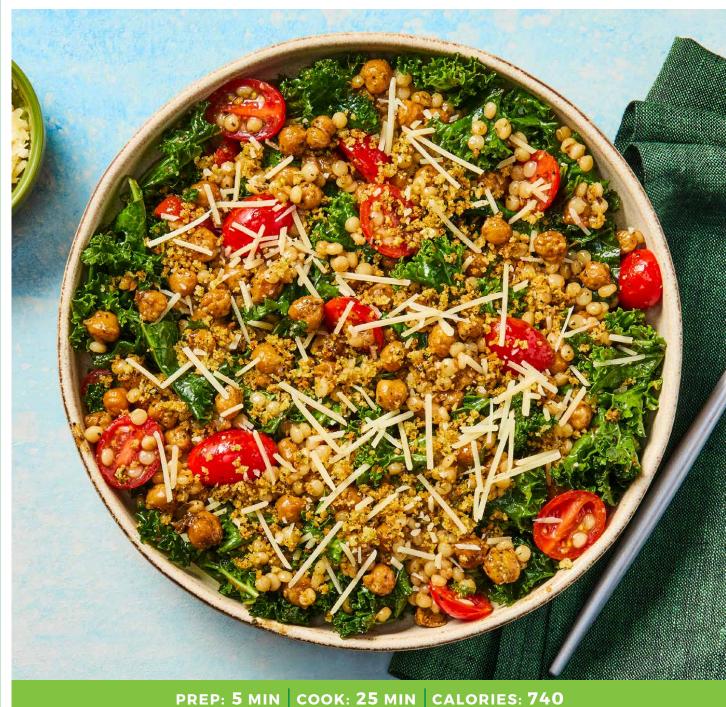


10 oz | 20 oz S Chopped Chicken



ITALIAN KALE, CHICKPEA & COUSCOUS SALAD

with Balsamic Vinaigrette, Herby Panko & Parmesan





HELLO

BALSAMIC GLAZE

This tangy-savory-sweet condiment is delicious in salad dressing!

ZIP-ZIP HOORAY

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

- Strainer
 - Large bowl
- Baking sheet
- Whisk

· Small bowl

• Large pan 🔄

- Small pot
- Medium pan

Paper towels

- Kosher salt
- · Black pepper
- Cooking oil (1 tsp | 1 tsp)

(2 tsp | 2 tsp) 🔄

- Olive oil (2 TBSP | 4 TBSP)
- Butter (1 TBSP | 2 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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1 ROAST CHICKPEAS

- · Adjust rack to top position and preheat oven to 425 degrees. Wash and dry produce.
- Drain and rinse **chickpeas**; pat very dry with paper towels.
- Toss chickpeas on a baking sheet with a drizzle of oil, half the Italian Seasoning (you'll use more in the next step), salt, and pepper. Roast on top rack until chickpeas are golden and tender, 18-20 minutes. (It's natural for chickpeas to pop a bit while roasting.)



2 MAKE COUSCOUS

- Meanwhile, in a small pot, combine couscous, 3/4 cup water, 1 tsp Italian Seasoning (you'll use the rest in the next step), and a pinch of salt (use 11/2 cups water and 2 tsp Italian Seasoning for 4 servings); bring to a boil. Once boiling, cover and reduce heat to low; cook until tender. 6-8 minutes
- Drain couscous if necessary; transfer to a plate to cool.



- While couscous cooks. melt 1 TBSP butter (2 TBSP for 4 servings) in a medium pan over medium-high heat. Add panko, remaining Italian Seasoning, salt, and pepper. Toast, stirring, until light golden, 2-3 minutes. Transfer to a plate (panko mixture will darken as it cools).
- ♠ Open package of chicken* and drain off any excess liquid. Heat a large drizzle of oil in a large pan over medium-high heat. Add chicken in a single layer and season with salt and pepper. Cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



4 PREP & MASSAGE KALE

- Remove and discard any large stems from kale; chop into bite-size pieces. Halve tomatoes.
- Transfer kale to a large bowl; season with a pinch of salt. Using your hands, massage kale (similar to how you would knead dough) until leaves are tender, 1 minute. TIP: Don't skip this step-massaging helps the kale leaves wilt slightly, lending a tender (never fibrous!) texture.



5 MAKE DRESSING

• In a small bowl, whisk together balsamic glaze, mustard, and 2 TBSP olive oil (4 TBSP for 4 servings) until smooth. Season with salt and pepper.



6 FINISH & SERVE

- To bowl with kale, add tomatoes. cooled couscous, roasted chickpeas. and dressing. Toss until evenly coated; taste and season with salt and pepper.
- Divide salad between bowls; top with herby panko and Parmesan. Serve.
- Add chicken to bowl with kale along with tomatoes.