



WARM CHICKEN, KALE & APPLE CHOPPED SALAD

with Roasted Sweet Potato, Sunflower Seeds & Lemony Dressing

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Sweet Potato



½ oz | 1 oz
Sunflower Seeds



1 | 2
Lemon



1 | 2
Apple



2 tsp | 4 tsp
Dijon Mustard



8 oz | 16 oz
Kale, Broccoli,
and Brussels
Sprouts Mix



10 oz | 20 oz
Chopped Chicken
Breast



1 tsp | 2 tsp
Garlic Powder



ANY ISSUES WITH YOUR ORDER?
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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
Shrimp
Contains: Shellfish

Calories: 420



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 490



BUST OUT

- Baking sheet
- Large pan
- Small bowl
- Large bowl
- Whisk
- Paper towels

- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Sugar (½ tsp | 1 tsp)
- Olive 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.



1 ROAST SWEET POTATO

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **sweet potato** into ½-inch pieces.
- Toss sweet potato on a baking sheet with a **drizzle of oil, salt, and pepper.** Roast on top rack until lightly browned and tender, 18-20 minutes.



2 TOAST SEEDS

- Meanwhile, heat a large dry pan over medium-high heat. Add **sunflower seeds** and toast, stirring frequently, until fragrant and just beginning to brown, 2-3 minutes.
- Turn off heat; transfer to a small bowl. Wipe out pan.



3 PREP

- Quarter **lemon**. Halve and core **apple**; thinly slice into half-moons.



4 START SALAD

- In a large bowl, whisk together **mustard**, ½ tsp **sugar** (1 tsp for 4 servings), a **large drizzle of olive oil, juice from half the lemon, salt, and pepper** until combined.
- Add **apple** and **kale mix** to bowl with **dressing**; toss to combine. Set aside to marinate, tossing occasionally.



5 COOK CHICKEN

- Open package of **chicken*** and drain off any excess liquid. Season all over with **garlic powder, salt, and pepper.**
- Heat a **drizzle of oil** in pan used for sunflower seeds over medium-high heat. Add chicken; cook, stirring occasionally, until browned and cooked through, 4-6 minutes.

- Rinse **shrimp*** under cold water, then pat dry with paper towels. Swap in shrimp for chicken.



6 FINISH SALAD

- Add **roasted sweet potato, sunflower seeds, and half the chicken** to bowl with **salad**; toss to combine.
- Taste and add more **olive oil** and **lemon juice** or season with more **salt** and **pepper** if desired.



7 SERVE

- Divide **salad** between bowls; top with **remaining chicken** and serve with any **remaining lemon wedges** on the side.

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

*Shrimp are fully cooked when internal temperature reaches 145°.