



ITALIAN KALE, CHICKPEA & COUSCOUS SALAD

with Balsamic Vinaigrette, Herby Panko & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Chickpeas



1 TBSP | 2 TBSP
Italian Seasoning



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



4 oz | 8 oz
Kale



4 oz | 8 oz
Grape Tomatoes



5 tsp | 10 tsp
Balsamic Glaze



2 tsp | 4 tsp
Dijon Mustard



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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HelloCustom

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: 880



10 oz | 20 oz
Chopped Chicken
Breast

Calories: 960



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 740



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
 - Paper towels
 - Baking sheet
 - Small pot
 - Medium pan
 - 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.)



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.**



2 MAKE COUSCOUS

- Meanwhile, in a small pot, combine **couscous, ¾ cup water, 1 tsp Italian Seasoning (you'll use the rest in the next step), and a pinch of salt (use 1½ 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.



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.**



3 TOAST PANKO

- 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.**)

- 🍷 Rinse **shrimp*** under cold water and pat dry with paper towels or open package of **chicken*** and drain off any excess liquid. Season with **salt and pepper.** Heat a **large drizzle of oil** in a large pan over medium-high heat. Add shrimp or chicken in a single layer; cook, stirring occasionally, until cooked through, 4-6 minutes.



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 **shrimp** or **chicken** to bowl with **kale** along with **tomatoes.**

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

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