

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



Honey Dijon Dressing **Contains: Eggs**



3 TBSP | 6 TBSP Parmesan Cheese Contains: Milk



Dried Cranberries



ANY ISSUES WITH YOUR ORDER? 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.



4 oz | 8 oz Bacon



CRANBERRY-APPLE KALE SALAD

with Roasted Veggies, Parm Frico & Garlic Ciabatta





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
- Small bowl
- Large bowl
- Paper towels
- 2 Baking sheets Large pan 🔄
- Kosher salt
- · Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- 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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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.



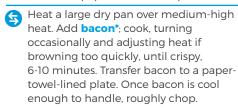
3 MAKE GARLIC BREAD

- 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.





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.
- Sprinkle bacon atop salad.