



SHAWARMA-RAMA CHICKEN & KALE SALAD

with Roasted Veggies, Cucumber & Almonds

INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Carrots



1 | 2
Shallot



1 | 2
Mini Cucumber



4 oz | 8 oz
Kale



1 TBSP | 2 TBSP
Shawarma Spice Blend



10 oz | 20 oz
Chicken Cutlets



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



5 tsp | 5 tsp
White Wine Vinegar



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts

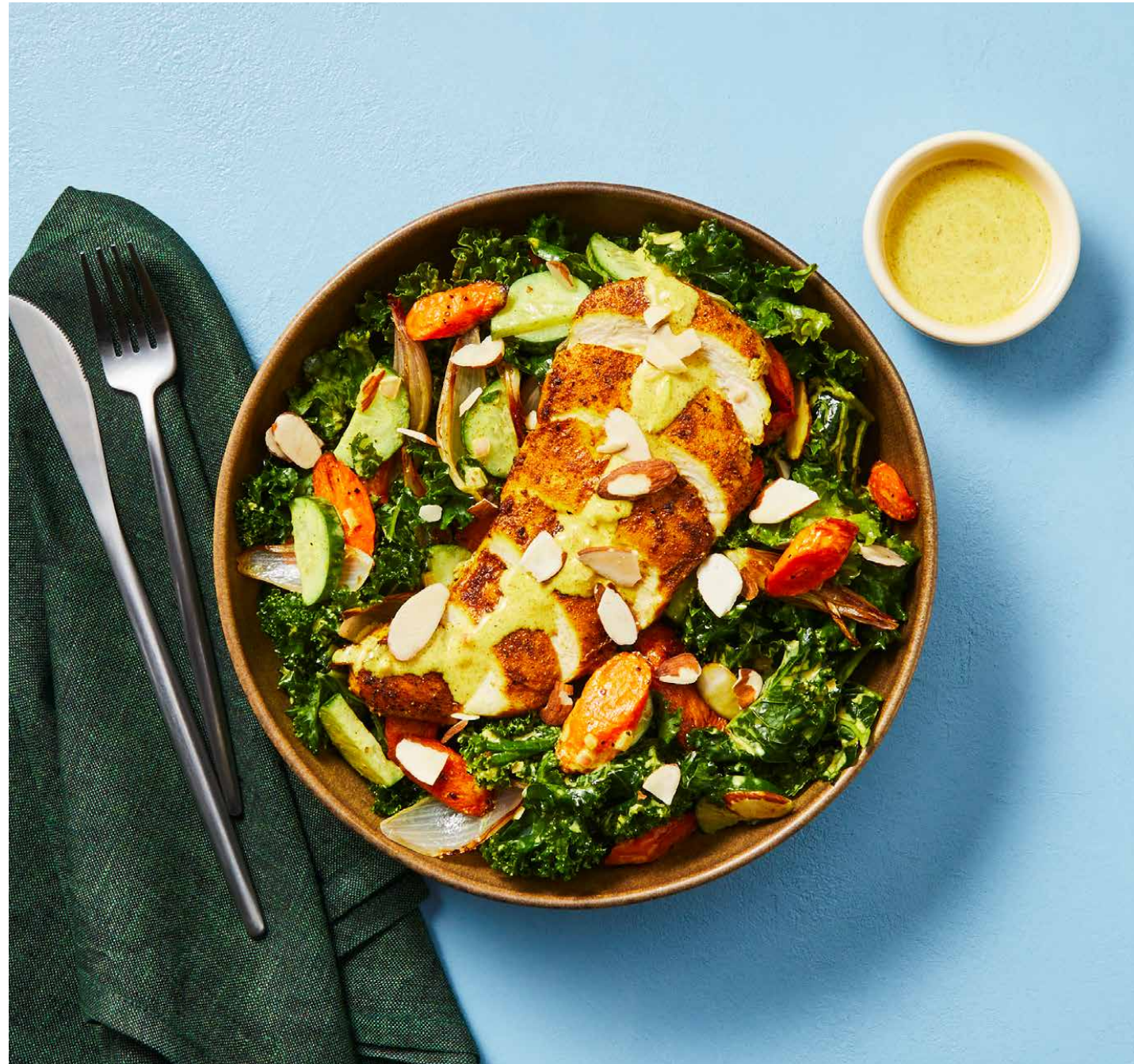


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HELLO

SHAWARMA SPICE BLEND

An aromatic blend of turmeric, cumin,
coriander, and allspice



PREP: 15 MIN | COOK: 40 MIN | CALORIES: 640



KALE YEAH

Why massage your kale with oil and salt? It helps tenderize the leaves and removes some bitterness.

BUST OUT

- Peeler
- Medium bowl
- Baking sheet
- Paper towels
- Large bowl
- Whisk
- Large pan
- Kosher salt
- Black pepper
- Olive oil (7 tsp | 13 tsp)
- Cooking oil (2 tsp | 2 tsp)
- Sugar (½ tsp | 1 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 START PREP & ROAST VEG

- 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. Trim, peel, and quarter **shallot** lengthwise; mince one shallot quarter until you have 1 TBSP (you'll use it to make the dressing in Step 5).
- Toss **carrots** and **quartered shallot** on a baking sheet with a **drizzle of olive oil**. Season generously with **salt** and **pepper**. Roast on top rack until browned and tender, 20-25 minutes.



4 TOAST SPICES & COOK CHICKEN

- Heat a large dry pan over medium heat. Add **half the Shawarma Spice Blend** and toast, stirring, until fragrant, 30-60 seconds. Transfer to a medium bowl.
- Pat **chicken*** dry with paper towels and season all over with remaining Shawarma Spice Blend, **salt**, and **pepper**.
- Heat a **drizzle of oil** in same pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. **TIP: If chicken begins to brown too quickly, lower heat to medium and cover pan.**
- Transfer to a cutting board.



2 FINISH PREP

- Meanwhile, remove and discard any large stems from **kale**; chop into bite-size pieces. Halve **cucumber** lengthwise; thinly slice into half-moons.



5 MAKE SHAWARMA DRESSING

- While chicken cooks, to bowl with **toasted Shawarma Spice Blend**, add **minced shallot**, **yogurt**, **mayonnaise**, **half the vinegar**, **2 TBSP olive oil**, and **½ tsp sugar** (use all the vinegar, 4 TBSP olive oil, and 1 tsp sugar for 4 servings).
- Whisk until smooth; taste and season with **salt** and **pepper**.



3 MASSAGE KALE

- Meanwhile, place **kale** in a large bowl; add a **drizzle of oil** and a **pinch of salt**. Using your hands, massage kale (similar to how you would knead dough) until leaves are tender, 30-60 seconds.



6 FINISH & SERVE

- Slice **chicken** crosswise.
- Add **roasted veggies**, **cucumber**, **¾ of the shawarma dressing**, and **half the almonds** to bowl with **kale**; toss to combine. Taste and season with **salt** and **pepper**.
- Divide **salad** between bowls and top with chicken. Drizzle with remaining shawarma dressing and sprinkle with remaining almonds. Serve.

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