



APRICOT & ALMOND KALE SALAD

with Cheesy Toast Croutons & Creamy Balsamic Dressing

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2

Ciabatta

Contains: Soy, Wheat



1 Cup | 2 Cups

Italian Cheese Blend

Contains: Milk



4 oz | 8 oz

Kale



4 oz | 8 oz

Grape Tomatoes



2 | 4

Scallions



1.5 oz | 3 oz

Creamy Balsamic Dressing

Contains: Eggs



1 oz | 2 oz

Dried Apricots



½ oz | 1 oz

Sliced Almonds

Contains: Tree Nuts



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THERE TOO. SCAN HERE TO GET HELP
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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

Chicken Cutlets

Calories: 750



10 oz | 20 oz

Salmon

Contains: Fish

Calories: 910



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 560



HELLO

ITALIAN CHEESE BLEND

An easy-melting mix of mozzarella, provolone, Asiago, and Parmesan cheeses

KALE YEAH

Why do we ask you to massage your kale? This quick step helps soften the leaves (while infusing them with flavor!).

BUST OUT

- Baking sheet
- Paper towels 🇺🇸 🇨🇦
- Aluminum foil
- Large pan 🇺🇸 🇨🇦
- Large bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp) 🇺🇸 🇨🇦
- Olive oil (1 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.

HOW WAS YOUR MEAL?



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

🇨🇦 *Salmon is fully cooked when internal temperature reaches 145°.



1 MAKE CHEESY TOAST

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.** Line a baking sheet with foil and **lightly oil**.
- Halve **ciabatta**; place on prepared baking sheet, cut sides up. Evenly top each half with **Italian cheese blend**.
- Toast on top rack until cheese is melted and lightly browned, 8-10 minutes.
- Transfer **cheesy toast** to a cutting board.



3 MAKE SALAD

- In a large bowl, combine **kale**, **balsamic dressing**, a **drizzle of olive oil**, and a **pinch of salt**. Using your hands, massage kale (**similar to how you would knead dough**) until leaves are tender, 1 minute.
- Add **tomatoes**, **scallions**, **dried apricots**, and **almonds**; toss until evenly coated. Taste and season with **salt** and **pepper**.



2 PREP

- While cheesy toast bakes, remove and discard any large stems from **kale**; chop into bite-size pieces. Halve **tomatoes** lengthwise. Trim and thinly slice **scallions**.
- 🇺🇸 Pat **chicken*** or **salmon*** dry with paper towels; season
- 🇨🇦 all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or salmon (**skin sides down**); cook chicken until cooked through, 3-5 minutes per side, or cook salmon until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Transfer to a cutting board.



4 FINISH & SERVE

- Once **cheesy toast** is cool enough to handle, cut into 1-inch cubes. **TIP: Scrape up any crispy cheese bits and add them to your salad for some extra crunch!**
- Divide **salad** between bowls and top with **cheesy toast croutons**. Serve.
- 🇺🇸 Slice **chicken** crosswise (**skip slicing salmon!**); serve
- 🇨🇦 atop **salad**.