



# CHICKEN, ARUGULA & BLUE CHEESE SALAD

with Roasted Carrots, Walnuts & Potato Wedges

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Carrots



12 oz | 24 oz  
Potatoes\*



1 tsp | 2 tsp  
Garlic Powder



2 oz | 4 oz  
Arugula



1½ oz | 3 oz  
Blue Cheese Dressing  
Contains: Milk, Eggs



½ oz | 1 oz  
Walnuts  
Contains: Treenuts



10 oz | 20 oz  
Chicken Cutlets



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP  
OR GIVE US A CALL AT (646) 846-3663.

\*The ingredient you received may be a different color.



## 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  
Bavette Steak

Calories: 670



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 590





HELLO

## BLUE CHEESE DRESSING

This funky-cool condiment adds major oomph to chicken cutlets and arugula.

### WE'RE BIASED

The knife technique we use in Step 1 for the carrots (aka cutting on the bias) maximizes their surface area so they get extra caramelized in the oven.

### BUST OUT

- Peeler
- Baking sheet
- Paper towels
- Plastic wrap
- Mallet
- Large pan
- Large bowl
- Kosher Salt
- Black Pepper
- Cooking Oil

### MORE IS MORE

If you upgraded your meal to double your protein or veggies, 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. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

*For HelloCustom nutritional information, please refer to HelloFresh.com.*

### HOW WAS YOUR MEAL?



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### 1 PREP & ROAST VEGGIES

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Cut **potatoes** into ½-inch-thick wedges.
- Toss carrots on one side of a baking sheet with a **drizzle of oil, salt, and pepper (spread out across entire sheet for 4)**. Toss potatoes on empty side of sheet with a **drizzle of oil, salt, and pepper (use a separate baking sheet for 4)**. Roast on top rack until tender, 20-25 minutes. (**For 4, roast potatoes on top rack and carrots on middle rack.**)




### 3 MAKE SALAD

- In a large bowl, combine **arugula, roasted carrots, and blue cheese dressing.**



### 2 SEASON & COOK CHICKEN

- Once veggies have roasted 10 minutes, pat **chicken\*** dry with paper towels; place between two large pieces of plastic wrap. Pound with a mallet or rolling pin until chicken is about ½ inch thick. Season all over with **garlic powder, salt, and pepper.**
  - Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. **TIP: Lower heat if chicken begins to brown too quickly.**
  - Transfer chicken to a cutting board.
-  Swap in **steak\*** for chicken. Cook steak to desired doneness, 5-7 minutes per side.



### 4 FINISH & SERVE

- Slice **chicken** crosswise.
- Divide **arugula and blue cheese salad** and **potato wedges** between plates in separate sections. Top salad with chicken and garnish with **walnuts**. Serve.

-  Slice **steak** against the grain.

\*Poultry is fully cooked when internal temperature reaches 165\*.

 \*Beef is fully cooked when internal temperature reaches 145\*.