



# KALE, BRUSSELS & ORANGE SALAD WITH FETA

plus Couscous, Red Wine Vinaigrette & Garlicky Panko

## INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz  
Brussels Sprouts



1 | 2  
Shallot



2 Clove(s) | 4 Clove(s)  
Garlic



1 | 2  
Orange



4 oz | 8 oz  
Kale



½ Cup(s) | 1 Cup(s)  
Feta Cheese  
Contains: Milk



5 tsp | 10 tsp  
Red Wine Vinegar



1 | 2  
Veggie Stock  
Concentrate



1 tsp | 2 tsp  
Dried Thyme



¼ Cup(s) | ½ Cup(s)  
Panko  
Breadcrumbs  
Contains: Wheat



2½ oz | 5 oz  
Israeli Couscous  
Contains: Wheat



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.



## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Chopped Chicken  
Breast

Calories: 910



10 oz | 20 oz  
Shrimp  
Contains: Shellfish

Calories: 860



PREP: 15 MIN | COOK: 30 MIN | CALORIES: 720



## BUST OUT

- Small pot
- Large pan
- Large bowl
- Small bowl
- Whisk
- Kosher Salt
- Black Pepper
- Cooking Oil
- Olive Oil
- Sugar
- Butter

Contains: Milk

## 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.



### 1 COOK COUSCOUS

- Heat a **drizzle of oil** in a small pot over high heat. Add **half the thyme (you'll use the rest later)**; cook, stirring frequently, until fragrant, 30-60 seconds. Stir in **couscous, stock concentrate, ¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until tender, 6-8 minutes.
- Stir in **1 Tbsp butter (2 Tbsp for 4)** and let sit, uncovered, until slightly cooled.



### 2 START PREP

- While couscous cooks, **wash and dry produce**.
  - Trim and halve **Brussels sprouts** lengthwise. Lay flat and thinly slice crosswise into shreds. Halve, peel, and thinly slice **shallot**. Peel and mince or grate **garlic**. Peel **orange**, removing as much white pith as possible. Discard peel. Dice orange into ½-inch pieces.
- 🍳 Open package of **chicken\*** and drain off any excess liquid or rinse **shrimp\*** under cold water, then pat dry with paper towels. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or shrimp and season with **salt** and **pepper**. Cook, stirring occasionally, until cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



### 3 COOK BRUSSELS SPROUTS

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **Brussels sprouts** and **shallot**; season with **salt** and **pepper**. Cook, stirring occasionally, until Brussels sprouts are bright green and softened, 4-6 minutes.
  - Stir in **half the garlic** and cook, stirring, until fragrant, 1 minute more. Turn off heat; transfer to a plate. Wipe out pan and let cool slightly.
- 🍳 Use pan used for chicken or shrimp here.



### 4 FINISH PREP & START SALAD

- While Brussels sprouts cook, remove and discard any large stems from **kale**; chop into bite-size pieces.
- In a large bowl, combine kale and a **drizzle of olive oil (large drizzle for 4 servings)**. Using your hands, massage kale (**similar to how you would knead dough**) until leaves are tender, 1 minute.
- Add **Brussels sprouts** and toss to combine.



### 5 TOAST BREADCRUMBS

- Heat a **drizzle of oil** in pan used for Brussels sprouts over medium-high heat. Add **panko, remaining garlic, and remaining thyme**.
- Cook, stirring occasionally, until panko is golden and garlic is fragrant, 2-3 minutes. Transfer to a plate.



### 6 MAKE DRESSING & FINISH SALAD

- In a small bowl, whisk together **vinegar, 3 Tbsp olive oil, and ¼ tsp sugar (6 Tbsp olive oil and ½ tsp sugar for 4 servings)**; taste and season with **salt** and **pepper**.
  - Add **orange** and **couscous** to bowl with **veggies**. Toss with as much **dressing** as you like.
- 🍳 Add **chicken** or **shrimp** to **salad** along with **orange** and **couscous**.



### 7 SERVE

- Divide **salad** between shallow bowls. Top with **feta** and **garlicky panko** and serve.

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

🍳 \*Shellfish is fully cooked when internal temperature reaches 145°.