



WARM APPLE, FETA & MIXED GREENS SALAD

with Walnut Panko, Pickled Shallot & Blue Cheese Dressing

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Shallot



1 | 2
Granny Smith
Apple



½ oz | 1 oz
Walnuts
Contains: Tree Nuts



5 tsp | 10 tsp
Red Wine Vinegar



1 tsp | 1 tsp
Dried Thyme



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



2 oz | 4 oz
Arugula



2 oz | 4 oz
Mixed Greens



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



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



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
Chicken Cutlets

Calories: 630



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 790

PREP: 10 MIN | COOK: 20 MIN | CALORIES: 440



HELLO





PANKO BREADCRUMBS

These flaky Japanese-style breadcrumbs are light and crunchy.

IN A PICKLE

In Step 2, you'll microwave the shallot in a quick homemade brine. The heat helps the sugar dissolve and speeds up the pickling process.

BUST OUT

- Medium bowl
 - Plastic wrap
 - Large pan
 - Small bowl
 - Large bowl
 - Paper towels  
 - Kosher salt
 - Black pepper
 - Cooking oil (1 tsp | 1 tsp)  
 - Sugar (¾ tsp | 1½ tsp)
 - Butter (1½ TBSP | 3 TBSP)
- 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.

HOW WAS YOUR MEAL?




Scan here to rate your recipe!



Share your #HelloFreshPics with us @HelloFresh



1 PREP

- Wash and dry produce.
 - Halve, peel, and thinly slice **shallot**. Halve, core, and thinly slice **apple**. Roughly chop **walnuts**.
-
-  Pat **chicken*** or **salmon*** dry with paper towels; season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large, preferably nonstick, 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. Turn off heat; transfer to a cutting board. Wipe out pan.



4 TOAST PANKO & WALNUTS

- Melt **1 TBSP butter** (2 TBSP for 4 servings) in same pan over medium-high heat. Add **panko** and **walnuts**; cook, stirring, until panko is golden brown, 3-5 minutes. **TIP: Keep an eye on the panko—it browns quickly!**
- Transfer to a small bowl. Season with **salt** and **pepper**.



2 PICKLE SHALLOT

- In a medium microwave-safe bowl, combine **shallot**, **vinegar**, **½ tsp sugar**, **½ tsp salt**, and **pepper** (1 tsp sugar and 1 tsp salt for 4 servings). Cover with plastic wrap and microwave until shallot is softened, 30-50 seconds. Set aside until ready to use in next step.





5 ASSEMBLE SALAD

- In a large bowl, toss together **arugula**, **mixed greens**, **blue cheese dressing**, **half the apple and pickled shallot** (**draining first**), **half the walnut panko**, and **half the feta**.
- Taste and season with **salt** and **pepper**.





3 COOK & TOSS APPLE


- Melt **½ TBSP butter** (1 TBSP for 4 servings) in a large pan over medium heat. Add **¼ tsp thyme** (½ tsp for 4) and cook, stirring constantly, until fragrant, 30 seconds. (**Save remaining thyme for another use.**)
- Add **apple**, **¼ tsp sugar** (½ tsp for 4), and a **pinch of salt**; cook, stirring occasionally, until lightly browned and tender, 2-3 minutes.
- Turn off heat. Let apple cool slightly, then transfer to bowl with **pickled shallot**. Toss to combine. Wipe out pan.


-  Use pan used for chicken or
-  salmon here.



6 SERVE

- Divide **salad** between shallow bowls. Top with **remaining apple and pickled shallot**, **remaining walnut panko**, and **remaining feta**. Serve.
-  Slice **chicken** crosswise (**skip slicing**
-  **salmon**); serve chicken or **salmon** atop **salad**.

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

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