



## INGREDIENTS

2 PERSON | 4 PERSON



**9 oz | 18 oz**  
Fully Cooked  
Chicken Breasts



**1 | 2**  
Granny Smith  
Apple



**4 oz | 8 oz**  
Kale



**4 oz | 8 oz**  
Coleslaw Mix



**3 oz | 6 oz**  
Honey Dijon  
Dressing  
Contains: Eggs



**1 tsp | 1 tsp**  
Chili Flakes

# CHICKEN & KALE HARVEST SALAD

with Apple & Honey Dijon Dressing



✓ **READY, SET,  
LUNCH!**



ANY ISSUES WITH  
YOUR ORDER?  
SCAN HERE TO  
GET HELP!

**TOTAL TIME: 10 MIN | CALORIES: 460**



### BUST OUT

- Paper towels
- Kosher salt
- Large bowl
- Black pepper
- Olive oil (1 tsp | 1 tsp)

### KALE YEAH

Why do we ask you to massage your kale after adding the olive oil? It helps the leaves become tender while infusing the greens with flavor.

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## CHICKEN & KALE HARVEST SALAD

with Apple & Honey Dijon Dressing

### INSTRUCTIONS

- **Wash and dry produce.** Pat **chicken** dry with paper towels; dice into ½-inch pieces. Halve, core, and dice **apple**.
- Place **kale** in a large bowl and drizzle with **olive oil**. Using your hands, massage kale until leaves are tender, 1-2 minutes. Season with **salt** and **pepper**.
- Add **chicken, coleslaw, apple, ⅔ of the dressing, a pinch of salt, and pepper** to bowl; toss to combine.
- Divide **salad** between bowls. Drizzle with **remaining dressing** and sprinkle with as many **chili flakes** as you like. Season with **salt** and **pepper** and serve.