



**HELLO  
FRESH**

## INGREDIENTS

2 PERSON | 4 PERSON



**8.6 oz | 17.2 oz**  
Fully Cooked  
Chicken Breasts



**4 oz | 8 oz**  
Kale



**4 oz | 4 oz**  
Shredded  
Carrots



**1.5 oz | 3 oz**  
Greek Vinaigrette  
Contains: Eggs, Milk



**2 TBSP | 4 TBSP**  
Mayonnaise  
Contains: Eggs



**1 oz | 2 oz**  
Dried Cranberries

# CHICKEN, KALE & CRANBERRY SALAD

with Carrots & Greek Dressing



 **READY, SET,  
LUNCH!**



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

**TOTAL TIME: 10 MIN | CALORIES: 490**



### BUST OUT

- Paper towels
- Small bowl
- Medium bowl
- Whisk
- Plastic wrap
- Kosher salt
- Large bowl
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Olive oil (1 tsp | 1 tsp)
- Sugar

### CLEAN & GREEN

Make sure to dry the kale thoroughly after washing to help the dressing stick to the leaves (instead of sliding off into the bowl).

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## CHICKEN, KALE & CRANBERRY SALAD

with Carrots & Greek Dressing

### INSTRUCTIONS

- **Wash and dry produce.**
- Pat **chicken** dry with paper towels; dice into ½-inch pieces. Place in a medium microwave-safe bowl and toss with a **drizzle of oil** and a **pinch of salt and pepper**. Cover tightly with plastic wrap; microwave until chicken is warmed through, 90 seconds.
- Meanwhile, remove and discard any large stems from **kale**; chop into bite-size pieces. Place kale and **half the carrots (all for 4 servings)** in a large bowl. Add a **drizzle of olive oil, salt, and pepper**. Using your hands, massage kale and carrots (*similar to how you would knead dough*) until kale leaves are tender, 1-3 minutes.
- In a small bowl, whisk together **vinaigrette, mayonnaise, and a pinch of sugar**.
- Add **chicken** and **half the cranberries** to bowl with **kale and carrots**; toss with as much **creamy dressing** as you like.
- Divide **salad** between shallow bowls. Garnish with **remaining cranberries** and serve.