



# CRANBERRY-APPLE KALE SALAD

with Roasted Veggies, Parm Frico & Garlic Ciabatta

## INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz  
Brussels Sprouts



1 | 2  
Sweet Potato



1 | 1  
Apple



1 Clove | 2 Cloves  
Garlic



1 | 2  
Ciabatta  
Contains: Soy, Wheat



4 oz | 8 oz  
Kale



1 TBSP | 2 TBSP  
Fry Seasoning



4.5 oz | 9 oz  
Honey Dijon  
Dressing  
Contains: Eggs



3 TBSP | 6 TBSP  
Parmesan Cheese  
Contains: Milk



1 oz | 2 oz  
Dried Cranberries



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



## 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: 1080



10 oz | 20 oz  
Salmon  
Contains: Fish

Calories: 1240



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 890





HELLO





## FRICO

Lacy, thin, and crispy rounds of baked Parmesan cheese

## KALE YEAH

Why do we ask you to massage your kale in Step 5? It helps the leaves become extra-tender and infuses them with flavor while you provide them some TLC!


## BUST OUT


- Peeler
- Small bowl
- Large bowl
- Paper towels
- 2 Baking sheets
- Large pan  
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp)  
- Olive oil (1 tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)  
Contains: Milk

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

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





## 1 PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim **Brussels sprouts**; halve or quarter lengthwise depending on size. Peel and dice **sweet potato** into ½-inch pieces. Peel and mince or grate **garlic**. Halve **ciabatta** lengthwise. Remove and discard any large stems from **kale**; chop into bite-size pieces. Halve and core **apple**; thinly slice one half (**whole apple for 4 servings**).



## 4 TOAST BREAD & FRICO

- **Lightly oil** opposite side of sheet from **ciabatta**; evenly sprinkle **Parmesan** into two 3-inch-wide circles (**four circles for 4 servings**) on sheet.
- Toast on middle rack until ciabatta and frico are golden brown and crisp, 6-8 minutes. **TIP: Check often to make sure the cheese doesn't burn.**
- Let **frico** cool on sheet until crispy, then transfer to a paper-towel-lined plate.

-  Pat **chicken\*** or **salmon\*** dry with paper towels; season 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. Transfer to a cutting board to rest.



## 2 ROAST VEGGIES

- In a large bowl, toss **Brussels sprouts** and **sweet potato** with a **large drizzle of oil**. Fry **Seasoning, salt**, and **pepper**. Spread out across a baking sheet. (**Keep bowl handy for Step 5.**)
- Roast on top rack until veggies are browned and tender, 20-25 minutes.
- Let cool at least 5 minutes.



## 5 MAKE SALAD

- Meanwhile, place **kale** in bowl used for veggies. Add a **drizzle of olive oil**; lightly season with **salt**. Using your hands, massage kale until leaves are tender, 30-60 seconds.
- Add **sliced apple, cranberries**, and **¾ of the roasted veggies** (**save the rest for serving**) to bowl; toss with **honey Dijon dressing** to taste. Season with **salt** and **pepper**.





## 3 MAKE GARLIC BREAD

- Once veggies are almost done, place **2 TBSP butter** (**4 TBSP for 4 servings**) in a small microwave-safe bowl. Microwave until melted, 30 seconds. Stir in **garlic** to taste, then brush onto cut sides of **ciabatta**. Season with **salt** and **pepper**.
- Place ciabatta, cut sides up, on one side of a second baking sheet.



## 6 FINISH & SERVE

- Halve **garlic ciabatta** on a diagonal. Break **frico** into bite-size pieces.
- Divide **salad** between plates or shallow bowls. Garnish with **remaining roasted veggies** and frico. Serve with garlic ciabatta on the side.
-  Thinly slice **chicken** crosswise
-  (**skip slicing salmon!**). Serve chicken or **salmon** atop **salad**.