

INGREDIENTS

2 PERSON | 4 PERSON



Ciabatta Contains: Soy, Wheat



1 Cup | 2 Cups Italian Cheese Blend Contains: Milk



4 oz | 8 oz Kale



4 oz | 8 oz **Grape Tomatoes**



Scallions



1.5 oz | 3 oz Creamy Balsamic Dressing Contains: Eggs



1 oz 2 oz **Dried Apricots**



½ oz | 1 oz Sliced Almonds **Contains: Tree Nuts**



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** Salmon Contains: Fish



G Calories: 920

APRICOT & ALMOND KALE SALAD

with Cheesy Toast Croutons & Creamy Balsamic Dressing





HELLO

ITALIAN CHEESE BLEND

An easy-melting mix of mozzarella, provolone, Asiago, and Parmesan cheeses

KALE YEAH

Why do we ask you to massage your kale? This quick step helps soften the leaves (while infusing them with flavor!).

BUST OUT

- · Baking sheet
- Paper towels (5)
- Aluminum foil
- Large pan 9 😉
- Large bowl
- Kosher salt
- · Black pepper
- Cooking oil (1 tsp | 1 tsp)
 (1 tsp | 1 tsp)
- Olive oil (1 tsp | 1 tsp)

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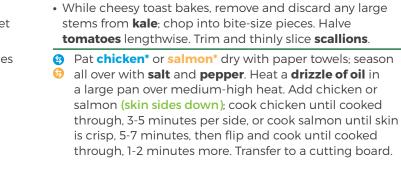
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- S *Chicken is fully cooked when internal temperature reaches 165°.
- *Salmon is fully cooked when internal temperature reaches 145°.



1 MAKE CHEESY TOAST

- Adjust rack to top position and preheat oven to 425 degrees. Wash and dry produce. Line a baking sheet with foil and lightly oil.
- Halve **ciabatta**; place on prepared baking sheet, cut sides up. Evenly top each half with **Italian cheese blend**.
- Toast on top rack until cheese is melted and lightly browned, 8-10 minutes.
- Transfer cheesy toast to a cutting board.

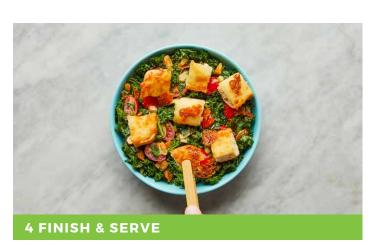


2 PREP



3 MAKE SALAD

- In a large bowl, combine kale, balsamic dressing, a drizzle of olive oil, and a pinch of salt. Using your hands, massage kale (similar to how you would knead dough) until leaves are tender, 1 minute.
- Add tomatoes, scallions, dried apricots, and almonds; toss until evenly coated. Taste and season with salt and pepper.



- Once cheesy toast is cool enough to handle, cut into 1-inch cubes. TIP: Scrape up any crispy cheese bits and add them to your salad for some extra crunch!
- Divide salad between bowls and top with cheesy toast croutons. Serve.
- Slice chicken crosswise (skip slicing salmon!); serve
 atop salad.