



# APRICOT & ALMOND KALE SALAD

with Cheesy Toast Croutons & Creamy Balsamic Dressing

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2

Ciabatta

Contains: Soy, Wheat



1 Cup | 2 Cups

Italian Cheese Blend

Contains: Milk



4 oz | 8 oz

Kale



4 oz | 8 oz

Grape Tomatoes



2 | 4

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



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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: 760



10 oz | 20 oz

Salmon  
Contains: Fish

Calories: 920



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 570



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  
- Aluminum foil
- Large pan  
- 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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 \*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.





## 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**.





## 2 PREP

- While cheesy toast bakes, remove and discard any large stems from **kale**; chop into bite-size pieces. Halve **tomatoes** lengthwise. Trim and thinly slice **scallions**.
-  Pat **chicken\*** or **salmon\*** dry with paper towels; season  all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large 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.



## 4 FINISH & SERVE

- 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**.