



WARM PEAR, FETA & MIXED GREENS SALAD

with Walnut Panko, Pickled Shallot & Blue Cheese Dressing

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Shallot



1 | 2
Pear



½ oz | 1 oz
Walnuts
Contains: Tree Nuts



5 tsp | 10 tsp
Red Wine Vinegar



1 tsp | 1 tsp
Dried Thyme



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



2 oz | 4 oz
Arugula



2 oz | 4 oz
Mixed Greens



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



1.5 oz | 3 oz
Blue Cheese
Dressing
Contains: Eggs, Milk



ANY ISSUES WITH YOUR ORDER?
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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: 620



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 780

PREP: 10 MIN | COOK: 20 MIN | CALORIES: 430



HELLO





PANKO BREADCRUMBS

These flaky Japanese-style breadcrumbs are light and crunchy.

IN A PICKLE

In Step 2, you'll microwave the shallot in a quick homemade brine. The heat helps the sugar dissolve and speeds up the pickling process.

BUST OUT

- Medium bowl
- Small bowl
- Plastic wrap
- Large bowl
- Large pan
- Paper towels  
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)  
- Sugar (¾ tsp | 1½ tsp)
- Butter (1½ TBSP | 3 TBSP)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)


For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- **Wash and dry produce.**
- Halve, peel, and thinly slice **shallot**. Halve, core, and thinly slice **pear**. Roughly chop **walnuts**.
-  Pat **chicken*** or **salmon*** dry with paper towels; season all over 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. Turn off heat; transfer to a cutting board. Wipe out pan.



4 TOAST PANKO & WALNUTS

- Melt **1 TBSP butter** (2 TBSP for 4 servings) in same pan over medium-high heat. Add **panko** and **walnuts**; cook, stirring, until panko is golden brown, 3-5 minutes. **TIP: Keep an eye on the panko—it browns quickly!**
- Transfer to a small bowl. Season with **salt** and **pepper**.



2 PICKLE SHALLOT

- In a medium microwave-safe bowl, combine **shallot**, **vinegar**, **½ tsp sugar**, **½ tsp salt**, and **pepper** (1 tsp sugar and 1 tsp salt for 4 servings). Cover with plastic wrap and microwave until shallot is softened, 30-50 seconds. Set aside until ready to use in next step.





5 ASSEMBLE SALAD

- In a large bowl, toss together **arugula**, **mixed greens**, **blue cheese dressing**, **half the pear** and **pickled shallot** (**draining first**), **half the walnut panko**, and **half the feta**.
- Taste and season with **salt** and **pepper**.





3 COOK & TOSS PEAR


- Melt **½ TBSP butter** (1 TBSP for 4 servings) in a large pan over medium heat. Add **¼ tsp thyme** (½ tsp for 4) and cook, stirring constantly, until fragrant, 30 seconds. (**Save remaining thyme for another use.**)
- Add **pear**, **¼ tsp sugar** (½ tsp for 4), and a **pinch of salt**; cook, stirring occasionally, until lightly browned and tender, 2-3 minutes.
- Turn off heat. Let pear cool slightly, then transfer to bowl with **pickled shallot**. Toss to combine. Wipe out pan.


-  Use pan used for chicken or
-  salmon here.



6 SERVE

- Divide **salad** between shallow bowls. Top with **remaining pear** and **pickled shallot**, **remaining walnut panko**, and **remaining feta**. Serve.
-  Slice **chicken** crosswise (**skip slicing**
-  **salmon**); serve chicken or **salmon** atop **salad**.

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

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