



KALE, BRUSSELS & ORANGE SALAD WITH FETA

plus Couscous, Red Wine Vinaigrette & Garlicky Panko

INGREDIENTS

2 PERSON | 4 PERSON



1 tsp | 2 tsp
Dried Thyme



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 | 2
Veggie Stock
Concentrate



8 oz | 16 oz
Brussels Sprouts



1 | 2
Shallot



2 Cloves | 4 Cloves
Garlic



1 | 2
Orange



4 oz | 8 oz
Kale



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



5 tsp | 10 tsp
Red Wine Vinegar



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



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
Chopped Chicken
Breast

Calories: 920



10 oz | 20 oz
Shrimp
Contains: Shellfish

Calories: 840



PREP: 15 MIN | COOK: 30 MIN | CALORIES: 720



BUST OUT

- Small pot
- Large pan
- Large bowl
- Small bowl
- Whisk
- Paper towels 🍴

- Kosher salt
 - Black pepper
 - Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp) 🍴🍴
 - Olive oil (3 TBSP + 1 tsp | 6 TBSP + 2 tsp)
 - Sugar (¼ tsp | ½ tsp)
 - Butter (1 TBSP | 2 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.



1 COOK COUSCOUS

- Heat a **drizzle of oil** in a small pot over high heat. Add **half the thyme** (you'll use the rest later); cook, stirring frequently, until fragrant, 30-60 seconds. Stir in **couscous**, **stock concentrate**, **¾ cup water** (1½ cups for 4 servings), and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until tender, 6-8 minutes.
- Stir in **1 TBSP butter** (2 TBSP for 4) and let sit, uncovered, until slightly cooled.



2 START PREP

- While couscous cooks, **wash and dry produce**.
- Trim and halve **Brussels sprouts** lengthwise. Lay flat and thinly slice crosswise into shreds. Halve, peel, and thinly slice **shallot**. Peel and mince or grate **garlic**. Peel **orange**, removing as much white pith as possible. Discard peel. Dice orange into ½-inch pieces.

- 🍴 Open package of **chicken*** and drain off any excess liquid or rinse **shrimp*** under cold water, then pat dry with paper towels. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or shrimp and season with **salt and pepper**. Cook, stirring occasionally, until cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



3 COOK BRUSSELS SPROUTS

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **Brussels sprouts** and **shallot**; season with **salt and pepper**. Cook, stirring occasionally, until Brussels sprouts are bright green and softened, 4-6 minutes.
- Stir in **half the garlic** and cook, stirring, until fragrant, 1 minute more. Turn off heat; transfer to a plate. Wipe out pan and let cool slightly.

- 🍴 Use pan used for chicken or shrimp here.



4 FINISH PREP & START SALAD

- While Brussels sprouts cook, remove and discard any large stems from **kale**; chop into bite-size pieces.
- In a large bowl, combine kale and a **drizzle of olive oil** (large drizzle for 4 servings). Using your hands, massage kale (similar to how you would knead dough) until leaves are tender, 1 minute.
- Add **Brussels sprouts** and toss to combine.



5 TOAST BREADCRUMBS

- Heat a **drizzle of oil** in pan used for Brussels sprouts over medium-high heat. Add **panko**, **remaining garlic**, and **remaining thyme**.
- Cook, stirring occasionally, until panko is golden and garlic is fragrant, 2-3 minutes. Transfer to a plate.



6 MAKE DRESSING & FINISH SALAD

- In a small bowl, whisk together **vinegar**, **3 TBSP olive oil**, and **¼ tsp sugar** (6 TBSP olive oil and ½ tsp sugar for 4 servings); taste and season with **salt and pepper**.
- Add **orange** and **couscous** to bowl with **veggies**. Toss with as much **dressing** as you like.

- 🍴 Add **chicken** or **shrimp** to salad along with **orange** and **couscous**.



7 SERVE

- Divide **salad** between shallow bowls. Top with **feta** and **garlicky panko** and serve.

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

🍴 *Shrimp are fully cooked when internal temperature reaches 145°.