Smoky Brown Sugar Chicken Salad

with Kale, Apple, Roasted Carrots, Sunflower Seeds & Honey Dijon Dressing

Bestseller 35-45 Minutes · Calories: 650 · Protein: 43 g

Ingredients

- Carrots
- Kale
- Apple
- Brown Sugar Bourbon Seasoning
- Sunflower Seeds
- Dried Cranberries
- Honey Dijon Dressing
- Chicken Cutlets

Customizable Meal

If you chose to personalize your meal, refer to the separate **HelloCustom** card or scan here for instructions.

Hello

Brown Sugar Bourbon Seasoning

A mix of savory smoke and sweetness adds mouthwatering flavor

Before you start

Zip It Good

To quickly prep kale, hold the stem end with one hand, then pinch and strip the leaves down and away with your other hand (like pulling a zipper!).

Cooking tools

peeler, baking sheet, large bowl, paper towels, large pan, small bowl

Pantry ingredients

kosher salt, black pepper, cooking oil

Nutrition

Nutrients	per serving
Calories:	650
Total Fat:	31g
Saturated Fat:	4.5g
Sodium:	1240mg
Total Carbohydrate:	50g
Dietary Fiber:	8g
Added Sugars:	19g
Protein:	43g

Allergens

honey dijon dressing (contains: eggs)

Cook for YOUR Crowd

Our recipes are customizable!

Double Protein/Veggies? Cook in batches or use a larger pan—it may take longer, so follow visual and temp cues.

Making 3 Servings? Lighten up on the seasoning and any other ingredients you like—this will keep the balance just right.

Making 6 Servings? Just triple the 2-serving recipe—easy!

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

1 Roast Carrots

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Toss on a baking sheet with a **drizzle of oil**, **salt**, and **pepper**.
- Roast on top rack until lightly browned and tender, 20-25 minutes.
- Let cool for at least 5 minutes.

2 Prep

- Meanwhile, remove and discard any large stems from **kale**; chop into bite-size pieces. Halve, core, and thinly slice **half the apple (whole apple for 4 servings)**.

3 Massage Kale

- Place **kale** in a large bowl and lightly season with **salt**. Using your hands, massage kale **(similar to how you would knead dough)**, until leaves are tender, 30-60 seconds. **TIP: To make kale even more tender, add a drizzle of olive oil along with salt before massaging.**

4 Season & Cook Chicken

- Pat **chicken*** dry with paper towels and season all over with **Brown Sugar Bourbon Seasoning**, **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium heat. Add chicken and cook until browned and cooked through, 5-7 minutes per side.
- Transfer to a cutting board; let rest at least 5 minutes.

5 Make Salad

- Add **cranberries**, roasted **carrots**, and sliced **apple** to bowl with **kale**. Season with **salt** and **pepper**.
- Reserve a **half packet of dressing (whole packet for 4 servings)** in a small bowl for serving. Drizzle **salad** with remaining dressing to taste; toss to combine.

6 Finish & Serve

- Thinly slice **chicken** crosswise.
- Divide **salad** between bowls and top with chicken. Drizzle with **reserved dressing**. Sprinkle with **sunflower seeds** and serve.

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

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to hellofresh.com/about/faq for safe cooking guidelines.

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