



Romesco Chicken, Kale & Feta Grain Bowls

with Dark Meat Chicken & Lemon

20-Min Meal

20 Minutes · Calories: 700 · Protein: 40 g



Ingredients 2 Person | 4 Person



4 oz | 8 oz
Kale



1 | 1
Lemon



6 TBSP | 12 TBSP
Romesco
Sauce



½ Cup(s) | 1 Cup(s)
Feta Cheese



1 | 2
Microwavable
Grain Blend



1 tsp | 2 tsp
Garlic Powder



1 | 2
Chicken Stock
Concentrate



10 oz | 20 oz
Diced Skinless
Dark Meat Chicken

Customizable Meal

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



Hello

Romesco Sauce

Our version of this classic Spanish sauce is packed with roasted red peppers, tomatoes, pumpkin seeds, garlic, and red wine vinegar.

Before you start

The Grain Event

Massaging the grain blend pouch before microwaving helps separate the grains inside for even, thorough heating.

Cooking tools

large pan

Pantry ingredients

kosher salt, black pepper, olive oil, sugar

Nutrition

Nutrients	per serving
Calories:	700
Total Fat:	31g
Saturated Fat:	8g
Sodium:	950mg
Total Carbohydrate:	62g
Dietary Fiber:	7g
Added Sugars:	2g
Protein:	40g

Allergens

feta cheese (contains: milk)

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 Prep

- Wash and dry produce.
- Remove and discard any large stems from **kale**; tear leaves into bite-size pieces if necessary. Quarter **lemon**.



3 Finish Chicken & Kale

- Meanwhile, gently massage **grain blend** in package to separate grains; open package.
- Once kale begins to wilt, add grain blend and a **pinch of sugar (big pinch for 4 servings)** to pan; cook, stirring, until grain blend is warmed through and chicken is cooked through, 1-2 minutes.
- Squeeze **juice from one lemon wedge (two wedges for 4)** into pan. Stir to combine. Taste and season with more **salt and pepper** if desired.

*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.



2 Start Chicken & Kale

- Open package of **chicken*** and drain off any excess liquid.
- Heat a **drizzle of olive oil** in a large pan (**for 4 servings, use a large, high-sided pan or large pot**) over medium-high heat. Add chicken in a single layer and season with **salt and pepper**. Cook, undisturbed, until beginning to brown, 2-3 minutes.
- Add **kale, stock concentrate, garlic powder**, and **¼ cup water (½ cup for 4)**. Cook, stirring, until kale begins to wilt, 1-3 minutes.



4 Serve

- Divide **chicken, kale, and grains** between shallow bowls. Snip corner of **romesco sauce** package and drizzle over top. Sprinkle with **feta**. Serve with any **remaining lemon wedges** on the side.

How was your meal?

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