



ALL KALE CHICKEN CAESAR

with Tomato, Croutons & Parmesan

ONE PAN

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Lemon



1 | 2
Roma Tomato



1.5 oz | 3 oz
Caesar Dressing
Contains: Eggs,
Fish, Milk



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



10 oz | 20 oz
Chicken Cutlets



1 TBSP | 1 TBSP
Italian Seasoning



4 oz | 8 oz
Kale



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk



1 | 2
Croutons
Contains: Milk, Wheat

HELLO

PARMESAN

It's called the King of Cheeses for a reason—rich, salty Parm turns anything it touches to gold.



PREP: 5 MIN

COOK: 25 MIN

CALORIES: 520



KALE YEAH

Why do we ask you to massage your kale *after* adding the olive oil, lemon juice, and salt, and not before? These added ingredients help the leaves become extra-tender while infusing the greens with flavor and brightness. Your hands are the best tool for this job!

BUST OUT

- Zester
- Small bowl
- Paper towels
- Large pan
- Large bowl
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 4 tsp)

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1 PREP

- Wash and dry all produce.
- Zest and quarter **lemon**. Cut **tomato** into wedges.



2 MAKE DRESSING

- In a small bowl, combine **Caesar dressing**, **sour cream**, **lemon zest**, and a squeeze of **lemon juice**. Season with **salt** and **pepper**; set aside.



3 COOK CHICKEN

- Pat **chicken*** dry with paper towels. Season all over with half the **Italian Seasoning (all for 4 servings)**, **salt**, and **pepper**.
- Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Turn off heat; transfer to a cutting board.



4 MESSAGE KALE

- Meanwhile, remove and discard any large stems from **kale**. Add to a large bowl along with a large drizzle of **olive oil**, a squeeze of **lemon juice**, and a big pinch of **salt**.
- Using your hands, massage kale (similar to how you would knead dough) until leaves are tender, 1 minute. **TIP: Don't skip this step—massaging helps the kale leaves wilt slightly, giving them a tender (never fibrous!) texture.**



5 MAKE SALAD

- Add **tomato**, **Parmesan**, **croutons**, and $\frac{2}{3}$ of the **dressing** (save the rest for serving) to bowl with **kale**.
- Gently toss until coated. Season with **salt**, **pepper**, and more **lemon juice** if desired.



6 FINISH & SERVE

- Divide **salad** between shallow bowls or plates.
- Slice **chicken** crosswise and arrange over salad. Drizzle with remaining **dressing** and serve.

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