FALL HARVEST KALE SALAD

with Brussels Sprouts, Delicata Squash & Dijon Dressing

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 630

HELLO FRESH

INGREDIENTS

2 PERSON | 4 PERSON

- **8 oz | 16 oz** Brussels Sprouts
- **1 | 2** Delicata Squash
- **4 oz | 8 oz** Kale
- **1 | 2** Lemon
- **1 oz | 2 oz** Dried Cranberries
- **4 tsp | 8 tsp** Dijon Mustard
- **2 TBSP | 4 TBSP** Maple Syrup
- **3 TBSP | 6 TBSP** Parmesan Cheese — Contains: Milk
- **½ oz | 1 oz** Walnuts — Contains: Tree Nuts

ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!

HelloCustom

2 PERSON | 4 PERSON

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: 820

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HELLO FRESH

HELLO

DELICATA SQUASH

Sweet and earthy winter squash with thin edible skin

KALE KNEADS LOVE

Why do we ask you to massage your kale? It helps the leaves become extra-tender and infuses them with flavor while you provide them with some TLC!

BUST OUT

- Baking sheet
- Large bowl
- Small bowl
- Plastic wrap
- Whisk
- Paper towels
- Large pan

- Kosher salt
- Black pepper
- Olive oil (**11 tsp** | **20 tsp**)
- Sugar (**¼ tsp** | **½ tsp**)
- Cooking oil (**1 tsp** | **1 tsp**)

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

1 PREP

- Adjust rack to top position **(top and middle positions for 4 servings)** and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim and halve **Brussels sprouts** lengthwise **(quarter any larger sprouts)**. Halve **squash** lengthwise; scoop out seeds with a spoon and discard. Slice crosswise into ½-inch-thick half-moons. Remove and discard any large stems from **kale**; chop into bite-size pieces. Halve **lemon**.

2 ROAST VEGGIES & MASSAGE KALE

- Toss **Brussels sprouts** and **squash** on a baking sheet with a **drizzle of olive oil** and a **big pinch of salt and pepper**. **(For 4 servings, divide between 2 sheets; roast on top and middle racks.)** Roast on top rack until browned and tender, 20-25 minutes. Let cool at least 5 minutes.
- Meanwhile, add **kale** and a **drizzle of olive oil** to a large bowl; using your hands, massage until leaves are tender, 30-60 seconds. **TIP: Don't skip this step—massaging helps make kale's texture more salad-friendly.**

Pat **chicken*** dry with paper towels; season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board to rest.

3 SOAK CRANBERRIES & MIX SAUCE

- In a small microwave-safe bowl, combine **cranberries**, **1 TBSP water (2 TBSP for 4 servings)**, and **juice from lemon**. Cover with plastic wrap; microwave until softened, 1 minute. Transfer cranberries to a plate, reserving **lemon juice mixture** in bowl.
- To bowl with lemon juice mixture, add **mustard**, **maple syrup**, **3 TBSP olive oil (6 TBSP for 4)**, and **¼ tsp sugar (½ tsp for 4)**. Whisk to combine. Season with **salt** and **pepper** to taste.

4 FINISH & SERVE

- To bowl with **kale**, add roasted **veggies**, drained **cranberries**, **half the Dijon dressing**, and **half the Parmesan**. Gently toss to combine. Season with **salt** and **pepper**.
- Divide **salad** between plates or shallow bowls. Drizzle with remaining Dijon dressing; garnish with **walnuts** and remaining Parmesan. Serve.

Thinly slice **chicken** crosswise; serve atop **salad**.

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