



# GARLICKY CHICKEN WITH KALE SALAD

plus Roasted Carrots, Apple & Creamy Lemon Fig Dressing

## INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz  
Carrots



4 oz | 8 oz  
Kale



1 | 1  
Lemon



10 oz | 20 oz  
Chicken Cutlets



1 tsp | 2 tsp  
Garlic Powder



2 TBSP | 4 TBSP  
Mayonnaise  
Contains: Eggs



1 | 2  
Fig Jam



2 tsp | 4 tsp  
Dijon Mustard



1 tsp | 2 tsp  
Hot Sauce



1 | 1  
Apple



½ oz | 1 oz  
Sliced Almonds  
Contains: Tree Nuts



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

HELLO

### LEMON FIG DRESSING

Perfectly balanced sweet fig + tangy  
lemon + a dash of hot sauce

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 700



## GO NUTS

If you have a few minutes, toast the almonds in a small dry pan over medium heat until lightly golden; it'll amp up the flavor and crunch.

## BUST OUT

- Peeler
- Baking sheet
- Large bowl
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (10 tsp | 19 tsp)
- Cooking oil (2 tsp | 3 tsp)
- Large pan
- Medium bowl
- Whisk

## GET SOCIAL

Share your #HelloFreshPics  
with us @HelloFresh

(646) 846-3663

HelloFresh.com



### 1 PREP

- 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. Remove and discard any large stems from **kale**; chop leaves into bite-size pieces. Quarter **lemon**.



### 2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **drizzle of olive oil, salt, and pepper**. Roast on top rack until tender, 20-25 minutes.



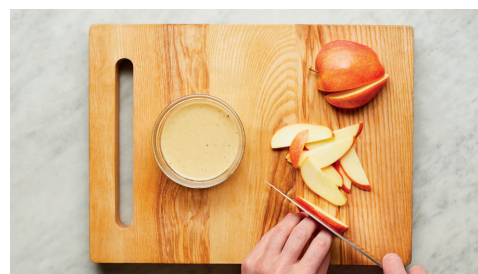
### 3 MASSAGE KALE

- In a large bowl, combine **kale**, a **drizzle of oil (large drizzle for 4 servings)**, and a **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, lending a tender (never fibrous!) texture.**



### 4 COOK CHICKEN

- Pat **chicken\*** dry with paper towels and season all over with **garlic powder, salt, and pepper**.
- Heat a **drizzle of oil** in a large pan over medium heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. (**TIP: Lower heat if chicken browns too quickly.**) Transfer to a cutting board to rest.



### 5 MAKE DRESSING & PREP APPLE

- While chicken cooks, in a medium bowl, whisk together **mayonnaise, jam, mustard, hot sauce, juice from half the lemon (juice from whole lemon for 4 servings)**, and **3 TBSP olive oil (6 TBSP for 4)**. (**TIP: If you like things less spicy, use half the hot sauce.**) Taste and season with **salt and pepper**.
- Thinly slice **half the apple (whole apple for 4)**.



### 6 FINISH & SERVE

- Slice **chicken** crosswise.
- Add **¾ of the dressing** to bowl with **kale**; toss to coat. Add **roasted carrots, sliced apple, and half the almonds**. Toss to combine; taste and season with **salt and pepper** if desired.
- Divide **salad** between bowls; top with chicken. Drizzle remaining dressing over chicken and garnish with remaining almonds. Serve.

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