



INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Brussels Sprouts



1 | 2
Sweet Potato



1 | 1
Apple



1 Clove | 2 Cloves
Garlic



1 | 2
Ciabatta
Contains: Soy, Wheat



1 TBSP | 2 TBSP
Fry Seasoning



4 oz | 8 oz
Kale



4.5 oz | 9 oz
Honey Dijon
Dressing
Contains: Eggs



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk



1.16 oz | 2.32 oz
Dried Cranberries

HELLO

FRICO

Forget croutons—these crispy baked Parmesan wafers add the ultimate crunch to your salad.

ROASTED VEGGIE KALE SALAD

with Parm Frico & Garlic Ciabatta



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 870



KALE YEAH

Why do we ask you to massage your kale *after* adding the olive oil and salt, and not before?

These ingredients help the leaves become extra-tender while infusing the greens with flavor. Your hands are the best tool for this job!

BUST OUT

- Peeler
- Large bowl
- 2 Baking sheets
- Small bowl
- Paper towels
- Kosher salt
- Black pepper
- Vegetable oil (4 tsp | 4 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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1 PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry all produce.**
- Trim **Brussels sprouts**; halve or quarter lengthwise depending on size. Peel and dice **sweet potato** into ½-inch pieces. Halve and core **apple**; thinly slice one half (**whole apple for 4 servings**). Peel and mince or grate **garlic**. Halve **ciabatta** lengthwise. Remove and discard any large stems from **kale**.



4 BAKE BREAD & FRICO

- Lightly **oil** opposite side of sheet with **ciabatta**; sprinkle **Parmesan** into two 3-inch-wide circles (**four circles for 4 servings**) on sheet.
- Bake on middle rack until ciabatta is toasted and frico is golden brown and crisp, 6-8 minutes. **TIP: Check often to make sure the cheese doesn't burn.**
- Let frico cool on sheet until hardened, then carefully transfer to a paper-towel-lined plate.



2 ROAST VEGGIES

- In a large bowl, toss **Brussels sprouts** and **sweet potato** with a **large drizzle of oil**, **Fry Seasoning**, **salt**, and **pepper**. Spread out across a baking sheet.
- Roast on top rack until veggies are browned and tender, 20-25 minutes.
- Let cool at least 5 minutes.



5 MAKE SALAD

- While ciabatta toasts, place **kale** in bowl used for veggies; season lightly with **salt** and a **drizzle of oil**. Massage kale until leaves soften, 30-60 seconds.
- Add **sliced apple**, **cranberries**, and **¾ of the roasted veggies** to bowl with **kale**. Season with **salt** and **pepper**. Add **Honey Dijon Dressing** to taste and toss to combine.



3 MAKE GARLIC BREAD

- Once veggies are almost done, place **2 TBSP butter** (**4 TBSP for 4 servings**) in a small microwave-safe bowl. Microwave until melted, 30 seconds. Stir in **garlic** to taste, then brush onto cut sides of **ciabatta**. Season with **salt** and **pepper**.
- Place ciabatta cut sides up on one side of a second baking sheet.



6 FINISH & SERVE

- Halve **garlic bread** on a diagonal. Break up **frico** into bite-size pieces.
- Divide **salad** between plates or shallow bowls. Garnish with **remaining roasted veggies** and frico. Serve with garlic bread on the side.