



# SESAME-GARLIC CHICKEN & KALE SALAD

with Charred Snap Peas & Yum Yum Sauce

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 4  
Scallions



4 oz | 8 oz  
Sugar Snap Peas



3 oz | 6 oz  
Carrot



4 oz | 8 oz  
Kale



2 TBSP | 4 TBSP  
Mayonnaise  
Contains: Eggs



1.5 oz | 3 oz  
Sesame Dressing  
Contains: Sesame, Soy,  
Wheat



12 ml | 24 ml  
Ponzu Sauce  
Contains: Fish, Soy,  
Wheat



1 tsp | 2 tsp  
Sriracha



10 oz | 20 oz  
Chicken Cutlets



1 tsp | 2 tsp  
Garlic Powder



## HELLO

### YUM YUM SAUCE

This aptly named homemade sauce is creamy, spicy, and savory.

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 630



### ZIP IT GOOD

To quickly prep kale, hold the stem end with one hand, then pinch and strip the leaves down and away with your other hand (like pulling a zipper!).

### BUST OUT

- Peeler
- Box grater
- Small bowl
- Large pan
- Medium bowl
- Paper towels
- Large bowl
- Kosher salt
- Black pepper
- Olive oil (7 tsp | 13 tsp)
- Sugar (1 tsp | 2 tsp)
- Cooking oil (2 tsp | 2 tsp)

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### 1 PREP

- Wash and dry produce.
- Trim **scallions** and cut into 1-inch pieces. Trim and remove strings from **snap peas**. Remove any large stems from **kale**; roughly chop into bite-size pieces. Peel and grate **carrot** on the largest holes of a box grater.



### 2 MAKE YUM YUM SAUCE

- In a small bowl, combine **mayonnaise**, **sesame dressing**, **ponzu**, **Sriracha**, **2 TBSP olive oil** (4 TBSP for 4 servings), and **1 tsp sugar** (2 tsp for 4) until smooth. Season with **salt** and **pepper** to taste.



### 3 CHAR VEGGIES

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **scallions** and **snap peas**; cook, stirring occasionally, until veggies are lightly charred and tender, 4-5 minutes. Season with **salt** and **pepper**.
- Turn off heat; transfer to a medium bowl. Wipe out pan.



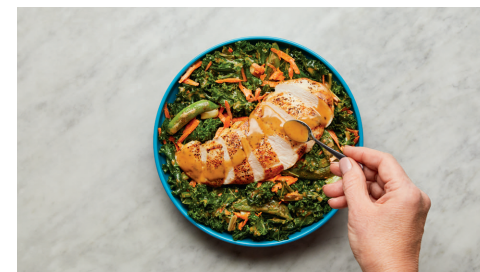
### 4 COOK CHICKEN

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



### 5 TOSS SALAD

- Place **kale** in a large bowl and add a **drizzle of olive oil**. Using your hands, massage kale (similar to how you would knead dough) until leaves are tender, 1-2 minutes.
- Add **charred veggies**, **grated carrot**, and  $\frac{3}{4}$  of the **yum yum sauce** to bowl with kale; toss to combine.
- Taste and season with **salt** and **pepper**.



### 6 FINISH & SERVE

- Slice **chicken** crosswise.
- Divide **salad** between bowls and top with chicken. Drizzle with **remaining yum yum sauce** and serve.

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