



INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Carrots



4 oz | 8 oz
Kale



1 | 1
Apple



10 oz | 20 oz
Chicken Cutlets



10.8 g | 20.16 g
Brown Sugar
Bourbon Seasoning



1 oz | 2 oz
Dried Cranberries



3 oz | 6 oz
Honey Dijon
Dressing
Contains: Eggs



½ oz | 1 oz
Sunflower Seeds

HELLO

BROWN SUGAR BOURBON SEASONING

A mix of savory smoke and sweetness adds mouthwatering flavor to juicy chicken.

SMOKY BROWN SUGAR CHICKEN SALAD

with Kale, Apple, Roasted Carrots, Sunflower Seeds & Honey Dijon Dressing



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 580



KALE YEAH

Why do we ask you to massage your kale after seasoning with salt in step 3? It will help the leaves become extra-tender while infusing the greens with flavor as you give them some TLC. Your hands are the best tool for the job!

BUST OUT

- Peeler
- Baking sheet
- Large bowl
- Paper towels
- Large pan
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)

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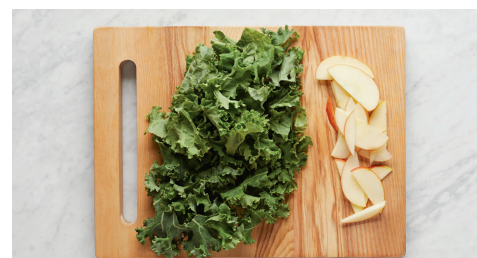
1 ROAST CARROTS

- 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. Toss on a baking sheet with a **drizzle of oil, salt, and pepper.**
- Roast on top rack until lightly browned and tender, 20-25 minutes.
- Let cool for at least 5 minutes.



4 SEASON & COOK CHICKEN

- Pat **chicken*** dry with paper towels and season all over with **Brown Sugar Bourbon Seasoning, salt, and pepper.**
- Heat a **drizzle of oil** in a large pan over medium heat. Add chicken and cook until browned and cooked through, 5-7 minutes per side.
- Transfer to a cutting board; let rest at least 5 minutes.



2 PREP

- Meanwhile, remove and discard any large stems from **kale**; chop into bite-size pieces. Halve, core, and thinly slice **half the apple (whole apple for 4 servings).**



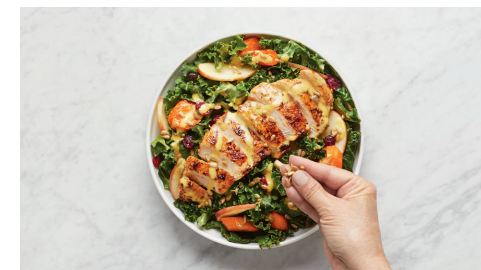
5 MAKE SALAD

- Add **cranberries**, roasted **carrots**, and sliced **apple** to bowl with **kale**. Season with **salt and pepper.**
- Reserve a **half packet of honey Dijon dressing (whole packet for 4 servings)** in a small bowl for serving. Drizzle **salad** with remaining honey Dijon dressing to taste; toss to combine.



3 MASSAGE KALE

- Place **kale** in a large bowl and lightly season with **salt**. Using your hands, massage kale (**similar to how you would knead dough**), until leaves are tender, 30-60 seconds. **TIP: To make kale even more tender, add a drizzle of olive oil along with salt before massaging.**



6 FINISH & SERVE

- Thinly slice **chicken** crosswise.
- Divide **salad** between bowls and top with chicken. Drizzle with **reserved honey Dijon dressing**. Sprinkle with **sunflower seeds** and serve.

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