



# SHAWARMA-RAMA CHICKEN & KALE SALAD

with Roasted Veggies, Cucumber & Almonds

## INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz  
Carrots



1 | 2  
Shallot



1 | 2  
Mini Cucumber



4 oz | 8 oz  
Kale



1 TBSP | 2 TBSP  
Shawarma Spice Blend



10 oz | 20 oz  
Chicken Cutlets



1.5 oz | 3 oz  
Caesar Dressing  
Contains: Eggs,  
Fish, Milk



2 TBSP | 4 TBSP  
Mayonnaise  
Contains: Eggs



5 tsp | 5 tsp  
White Wine  
Vinegar



½ oz | 1 oz  
Sliced Almonds  
Contains: Tree Nuts



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### SHAWARMA SPICE BLEND

An aromatic blend of turmeric, cumin,  
coriander, and allspice

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



## KALE YEAH

Why massage your kale with oil and salt? It helps tenderize the leaves and removes some bitterness.

## BUST OUT

- Peeler
- Baking sheet
- Large bowl
- Large pan
- Kosher salt
- Black pepper
- Olive oil (7 tsp | 13 tsp)
- Cooking oil (2 tsp | 2 tsp)
- Sugar (½ tsp | 1 tsp)
- Medium bowl
- Paper towels
- Whisk

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### 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. Trim, peel, and quarter **shallot** lengthwise. Remove and discard any large stems from **kale**; chop into bite-size pieces. Halve **cucumber** lengthwise; thinly slice into half-moons.



### 2 ROAST VEGGIES

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



### 3 MASSAGE KALE

- Meanwhile, place **kale** in a large bowl; add a **drizzle of oil** and a **pinch of salt**. Using your hands, massage kale (**similar to how you would knead dough**) until leaves are tender, 30-60 seconds.



### 4 TOAST SPICES & COOK CHICKEN

- Heat a large dry pan over medium heat. Add **half the Shawarma Spice Blend** and toast, stirring, until fragrant, 30-60 seconds. Transfer to a medium bowl.
- Pat **chicken\*** dry with paper towels and season all over with remaining Shawarma Spice Blend, **salt**, and **pepper**.
- Heat a **drizzle of oil** in same pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. **TIP: If chicken begins to brown too quickly, lower heat to medium and cover pan.**
- Transfer to a cutting board.



### 5 MAKE SHAWARMA DRESSING

- While chicken cooks, add **dressing, mayonnaise, half the vinegar, 2 TBSP olive oil**, and ½ tsp sugar to bowl with **toasted Shawarma Spice Blend (use all the vinegar, 4 TBSP olive oil, and 1 tsp sugar for 4 servings)**. Whisk until smooth; taste and season with **salt** and **pepper**.



### 6 FINISH & SERVE

- Slice **chicken** crosswise.
- Add **roasted veggies, cucumber, ¾ of the shawarma dressing**, and **half the almonds** to bowl with **kale**; toss to combine. Taste and season with **salt** and **pepper**.
- Divide **salad** between bowls and top with chicken. Drizzle with remaining shawarma dressing and sprinkle with remaining almonds. Serve.

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