

# DINNERLY



## Seared Chicken Breast & Kale Harvest Salad

with Sweet Potatoes, Apple & Feta



20-30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. This salad is the definition of hearty. Protein and high fiber content will keep you feeling full, and lots of colorful ingredients means you're also getting lots of nutrients like vitamins A, C, K, and antioxidants. We've got you covered!



## WHAT WE SEND

- 1 sweet potato
- 1 bunch curly kale
- 1 apple
- 1 oz dried cranberries
- 1 oz pumpkin seeds
- 2 oz feta<sup>1</sup>
- ¼ oz Dijon mustard
- 10 oz pkg boneless, skinless chicken breast

## WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or red wine vinegar)
- sugar

## TOOLS

- rimmed baking sheet
- medium skillet

## ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

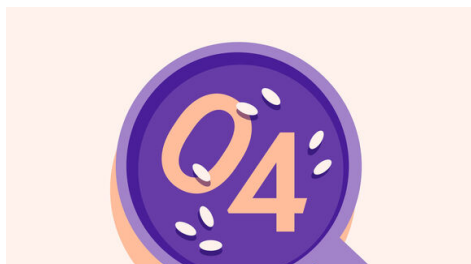
Calories 730kcal, Fat 49g, Carbs 60g, Protein 13g



### 1. Prep & roast potatoes

Preheat oven to 450°F with a rack in the lower third.

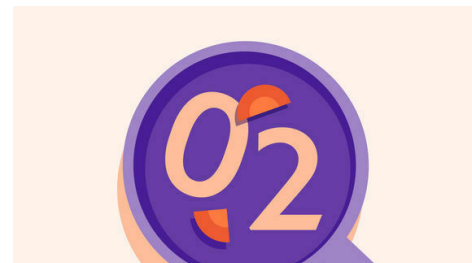
Scrub **sweet potato**, halve lengthwise, then cut crosswise into ¼-inch thick half-moons. Toss on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on lower oven rack until golden-brown and easily release from sheet, 10–15 minutes. Flip potatoes; roast until deeply golden and crisp, 5–10 minutes more.



### 4. Finish & serve

Quarter **apple** and discard core. Chop each quarter into ¼-inch pieces. To bowl with **kale**, add **half of the dressing**; use your hands to massage until softened, 1–2 minutes. Add **apples, cranberries, pumpkin seeds, roasted sweet potatoes, and feta**. Slice **chicken**.

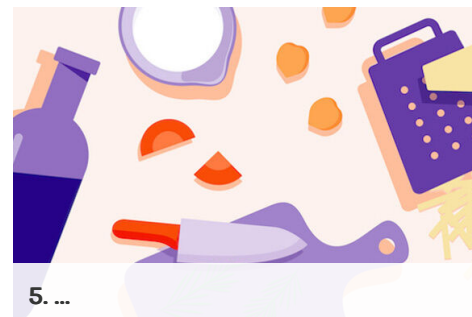
Drizzle **remaining dressing** over **kale harvest salad**, then toss and serve. Top with **chicken**. Enjoy!



### 2. Prep kale & dressing

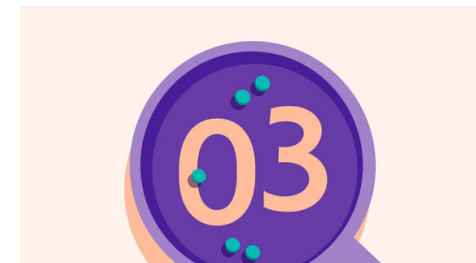
While **potatoes** roast, strip **kale leaves** from tough stems; discard stems. Tear or chop leaves into bite-sized pieces; transfer to a large bowl.

In a small bowl or measuring cup, whisk to combine ½ **teaspoon Dijon**, ¼ **cup oil**, 2 **tablespoons vinegar**, and ¾ **teaspoon sugar**; season to taste with **salt** and **pepper**.



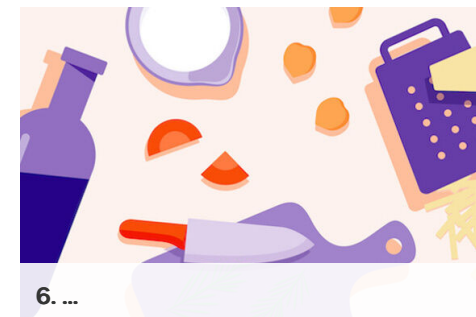
### 5. ...

You're not gonna find them here!



### 3. CHICKEN VARIATION

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3–4 minutes per side. Transfer to a cutting board to rest, 5 minutes.



### 6. ...

Kick back, relax, and enjoy your Dinnerly!