







# Grain and Kale Harvest Super Salad with Spiced Sweet Potatoes










Veggie 35 Minutes

Customized Protein **+ Add** **↻ Swap** or **\*2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)

 <b>+ Add</b>	 <b>+ Add</b>
	
Chicken Breasts 2   4	Bacon Strips 100 g   200 g



	
Kale, chopped 113 g   226 g	Wild Rice Medley ½ cup   1 cup
	
Sweet Potato 2   4	Granny Smith Apple 1   2
	
Maple Syrup 2 tbsp   2 tbsp	Red Wine Vinegar 1 tbsp   2 tbsp
	
Pecans 28 g   56 g	Southwest Spice Blend 1 tbsp   2 tbsp
	
Dijon Mustard 1 tbsp   2 tbsp	Dried Cranberries 28 g   56 g
	
Feta Cheese, crumbled ¼ cup   ½ cup	Vegetable Broth Concentrate 1   2

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Salt, pepper, oil

Cooking utensils | Baking sheet, large bowl, measuring cups, measuring spoons, medium pan, medium pot, parchment paper, small bowl, vegetable peeler, whisk

1



### Cook wild rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Add **wild rice medley, broth concentrate, 1 cup** (2 cups) **water** and **¼ tsp** (½ tsp) **salt** to a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 18-20 min.
- Remove the pot from heat. Set aside, still covered.

2



### Roast sweet potatoes

- Meanwhile, peel, then cut **sweet potatoes** into ½-inch cubes.
- Add **sweet potatoes, Southwest Spice Blend** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet.
- Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown and tender, 22-23 min.

3



### Toast pecans

+ Add | [Chicken Breasts](#)

+ Add | [Bacon Strips](#)

- Meanwhile, heat a medium pan over medium heat.
- When hot, add **pecans** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on pecans so they don't burn!)
- Transfer to a plate.

4



### Prep

- Add **kale** and **½ tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt**.
- Using your hands, massage **oil** into **kale** for 30 sec to soften **leaves**.
- Core, then cut **apple** into ½-inch pieces.
- Add **apples** and **cranberries** to the bowl with **kale**. Set aside.

5



### Make dressing

- Add **Dijon, 1 tbsp** (2 tbsp) **maple syrup, vinegar** and **2 tbsp** (4 tbsp) **oil** to a small bowl.
- Season with **salt** and **pepper**, then whisk to combine.

6



### Finish and serve

+ Add | [Chicken Breasts](#)

+ Add | [Bacon Strips](#)

- Fluff **wild rice** with a fork, then season with **salt** to taste.
- Add **wild rice, sweet potatoes** and **half the dressing** to the bowl with **salad**.
- Toss to combine.
- Divide **salad** between bowls.
- Drizzle **remaining dressing** over top.
- Sprinkle over **pecans** and **feta**.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

### 3 | Toast pecans and cook chicken

+ Add | [Chicken Breasts](#)

If you've opted to add **chicken**, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Reheat the same pan over medium. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Cook on one side until golden, 6-7 min. Flip, then cover and continue cooking until cooked through, 6-7 min.\*\*

### 3 | Toast pecans and cook bacon

+ Add | [Bacon Strips](#)

If you've opted to add **bacon**, cut strips in half crosswise. Reheat the same pan over medium. When hot, add **bacon** to the dry pan. Cook, flipping occasionally, until crispy, 5-7 min.\*\* Remove from heat. Using tongs, transfer **bacon** to a paper towel-lined plate. Set aside.

### 6 | Finish and serve

+ Add | [Chicken Breasts](#)

Thinly slice **chicken**. Arrange **chicken** on top of **salad**.

### 6 | Finish and serve

+ Add | [Bacon Strips](#)

Crumble **bacon** over assembled **salads**.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook chicken and bacon to minimum internal temperature of 74°C/165°F and 71°C/160°F, as size may vary.