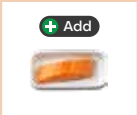




Grain and Kale Harvest Super Salad with Spiced Sweet Potatoes

Veggie 35 Minutes



Salmon Fillets, skin-on
250 g | 500 g

Custom Recipe + 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



- Kale, chopped
113 g | 227 g
- Wild Rice Medley
½ cup | 1 cup
- Sweet Potato
2 | 4
- Granny Smith Apple
1 | 2
- Maple Syrup
1 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
¼ cup | ½ cup

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.

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Ingredient quantities 56g | 113g
2 person | 4 person

Pantry items | Oil, salt, pepper

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

1



Cook wild rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **wild rice medley**, **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

- 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

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

Measurements
within steps

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

3 | Cook salmon

+ Add | Salmon Fillets

If you've opted to add **salmon**, pat dry with paper towels, then season with **salt** and **pepper**. Reheat the same pan over medium-high. When hot, add **½ tbsp** (1 tbsp) **oil**, then **salmon**. Pan-fry until golden-brown and cooked through, 2-3 min per side.**

6 | Finish and serve

+ Add | Salmon Fillets

Top final bowls with **salmon**.



Issue with your meal? Scan the QR code to share your feedback.

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.