



Maple, Kale and Bulgur Super Salad

with Spiced Sweet Potatoes

Veggie 35 Minutes



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-  Kale, chopped
-  Chicken Breasts
-  Bulgur Wheat
-  Sweet Potato
-  Gala Apple
-  Maple Syrup
-  Lemon
-  Pecans
-  Southwest Spice Blend
-  Dijon Mustard
-  Dried Cranberries

CUSTOM RECIPE
This is a Custom Recipe. If you chose to add chicken, simply follow the instructions on the back of this card and you're set.
Happy cooking!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Kale, chopped	113 g	227 g
Chicken Breasts*	2	4
Bulgur Wheat	½ cup	1 cup
Sweet Potato	340 g	680 g
Gala Apple	1	2
Maple Syrup	2 tbsp	4 tbsp
Lemon	1	2
Pecans	28 g	56 g
Southwest Spice Blend	1 tbsp	2 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Dried Cranberries	¼ cup	½ cup
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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

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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1



Roast sweet potatoes

- Peel, then cut **sweet potatoes** into ½-inch cubes.
- Add **sweet potatoes**, **half the 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.

4



Prep

- Meanwhile, core, then cut **apple** into ½-inch pieces.
- Juice **lemon**.
- 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.

2



Toast pecans

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

If you've opted to add **chicken breasts**, while sweet potatoes bake, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking until cooked through, 6-7 min.**

5



Assemble salad

- Whisk together **Dijon**, **maple syrup**, **2 tbsp** (4 tbsp) **lemon juice** and **2 tbsp** (4 tbsp) **oil** in a small bowl. Set aside.
- Add **apples**, **cranberries** and **sweet potatoes** to the large bowl with **kale**. Season with **salt** and **pepper**, then toss to combine.

3



Cook bulgur

- Add ¾ **cup** (1 ½ cups) **water** and ½ **tsp** (1 tsp) **salt** to the same medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **bulgur**. Stir to combine, then cover and remove from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Fluff **bulgur** with a fork.

6



Finish and serve

- Roughly chop **pecans**.
- Fluff **bulgur** with a fork, then season with **salt**.
- Add **bulgur** and **half the dressing** to the large bowl with **salad**.
- Toss to combine.
- Divide **bulgur** and **kale super salad** between bowls.
- Drizzle **remaining dressing** over top.
- Sprinkle with **pecans**.

Thinly slice **chicken breasts**, if desired. Top bowls with **chicken** when you assemble them.

Dinner Solved!