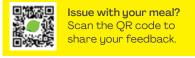


Maple, Kale and Bulgur Super Salad

with Spiced Sweet Potatoes

Veggie

35 Minutes











Bulgur Wheat





Gala Apple

Maple Syrup





Lemon

Pecans



Southwest Spice



Dijon Mustard



Dried Cranberries



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
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

Bust out

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

Ingredients

9		
	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	⅓ cup	½ cup
Oil*		

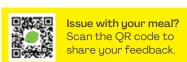
Salt and Pepper

- * 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.





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.



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.



Toast pecans

· Meanwhile, heat a medium pot over medium heat. When hot, add pecans to the dry pot. Toast, stirring often, until goldenbrown, 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.**



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.



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.



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!