



## Crunchy Kale Salad

with Apple and Cheesy Toasts



20-30min



2 Servings

Some weeknights all we're craving is an ultra-crunchy kale salad. Think crisp slices of apple, toasted pieces of hazelnuts, and lots of dark green Tuscan kale. A teaspoon of Dijon mustard and finely chopped shallot add a little bite to the dressing. On the side we've served a cheesy toast with one of our favorite Swiss cheeses, Gruyère, known for its salty and nutty flavor. Cook, relax, and enj...



## What we send

- Tuscan kale
- Brussels sprouts
- shallot
- lemon
- Dijon mustard <sup>17</sup>
- honeycrisp apple

## What you need

- coarse salt
- freshly ground black pepper
- olive oil

## Tools

- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 790kcal, Fat 44g, Carbs 59g, Proteins 28g



### 1. Prep ingredients

Preheat oven to 400°F with rack in upper third position. Wash and dry **kale**. Remove stems from **kale** and thinly slice leaves. Separate **Brussels sprout leaves**, cutting away at the stem as needed, until only the hard core remains. Discard stems and core.



### 4. Prep apples & hazelnuts

Cut **apple** around the core and thinly slice. Coarsely chop **hazelnuts**.



### 2. Make Brussels chips

On a rimmed baking sheet, toss **Brussels sprout leaves** with 1 tablespoon **oil**, massaging oil into leaves to evenly coat, and season with  $\frac{1}{4}$  teaspoon **salt**. Roast until crispy and browned, tossing halfway through, 10-12 minutes. Transfer to a plate. Reserve baking sheet for cheesy toasts.



### 5. Make cheesy toasts

Cut **Gruyère** into slices. Cut **ciabatta roll** in half, drizzle with **oil**, and place on baking sheet. Bake in the oven until slightly toasted, about 2 minutes. Top with **cheese** and return to oven until cheese is melted, about 5 minutes. Turn on broiler and broil until lightly browned, 1-2 minutes (watch closely as broilers vary). Top with freshly ground **pepper**.



### 3. Make dressing

Meanwhile, halve, peel, and finely chop **shallot**. Halve and juice **lemon**. In a small bowl, whisk 1 teaspoon **Dijon mustard**, 2 tablespoons **shallot**, 3 tablespoons **oil**, 2 tablespoons **lemon juice**, and  $\frac{1}{4}$  teaspoon **salt**.



### 6. Finish salad

In a large bowl, combine **dressing**, **kale**, **hazelnuts**, **Brussels sprouts**, and **half of the apple slices**. Toss well to coat with dressing. Divide between two plates and serve with **cheesy toasts** and remaining **apple slices** alongside. Enjoy!