

Fried Feta & Kale Salad

with Pear & Roasted Sweet Potato

2 < OR > 4 SERVINGS

- 6 | 12 oz Kale
- 8 | 16 oz Sweet Potato
- 1 | 2 Pasture-Raised Egg
- 1 | 2 Red Onion
- 1 | 2 Pear
- 1 | 2 Lemon
- 3 | 6 oz Feta Cheese
- 2 | 4 Tbsp Tahini
- 1 | 2 Tbsp Soy Sauce
- 2 | 4 tsp Honey
- 1/4 | 1/2 cup Panko Breadcrumbs
- 2 | 4 Tbsp All-Purpose Flour
- 1 | 2 tsp Black & White Sesame Seeds

CUSTOMIZED OPTIONS:

- 2 | 4 Skin-On Steelhead Trout Fillets
- or
- 10 | 20 oz Boneless Chicken Breast Pieces
- or
- 10 | 20 oz Shrimp¹



Cooking for 4 servings?

Cooking instructions are written for 2 servings. If you're cooking for 4, use larger pots and pans, work in batches when necessary, and double any measurements that are highlighted.

Getting Started

COOKING TOOLS

Medium Nonstick Pan (Large for 4)
Sheet Pan
Knife
Cutting Board

FROM YOUR PANTRY

Olive Oil
Neutral Cooking Oil (optional)
Salt
Pepper

Chef's Note

FEATURED TECHNIQUE

Kale is a hearty, fibrous green that becomes perfectly tender when briefly massaged with your hands and some dressing to help soften the leaves and ensure a nice even coating.

COOKING TEMPERATURE

The USDA recommends a minimum safe cooking temperature of:

145°F Fish



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1. peeled & deveined
Ingredients may be replaced and quantities may vary.

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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1. Prepare the ingredients

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Small dice the **sweet potato(es)**.
- ☐ Halve and peel the **onion(s)**; cut into 1-inch-wide wedges.
- ☐ Separate the **kale** leaves from the stems; roughly chop the leaves.
- ☐ Quarter and deseed the **lemon(s)**.
- ☐ Halve each block of **feta** crosswise; pat dry with paper towels.
- ☐ Quarter, core, and thinly slice the **pear(s)**.



2. Roast the vegetables

- ☐ Place the **diced sweet potato(es)** and **onion wedges** on a sheet pan; drizzle with **olive oil** and season with salt and pepper.
- ☐ Roast 16 to 18 minutes, or until the vegetables are tender when pierced with a fork.
- ☐ Remove from the oven.



3. Make the dressing & marinate the kale

- ☐ Meanwhile, in a large bowl, whisk together the **tahini**, **soy sauce**, **honey**, **the juice of 2 lemon wedges**, and a drizzle of **olive oil**; season with salt and pepper.
- ☐ Add the **chopped kale**; using your hands, massage the kale to slightly soften. Set aside to marinate, stirring occasionally, at least 10 minutes.



4. Bread the feta

- ☐ Place the **flour** on a plate; season with salt and pepper.
- ☐ On a separate plate, combine the **breadcrumbs** and **sesame seeds**; season with salt and pepper.
- ☐ Crack the **egg(s)** into a bowl and season with salt and pepper; beat until smooth.
- ☐ Working one piece at a time, thoroughly coat the **feta halves** in the **seasoned flour** (carefully tapping off any excess), then in the **beaten egg(s)** (letting the excess drip off), then in the **sesame breadcrumbs**.



5. Fry the feta

- ☐ In a medium nonstick pan (or large for 4 servings), heat a thin layer of oil on medium-high.
- ☐ Once the oil is hot enough that a pinch of breadcrumbs sizzles immediately when added, add the **breaded feta**. Cook 2 to 3 minutes per side, or until browned and cooked through.
- ☐ Transfer to a paper towel-lined plate and immediately season with salt.



↩ Look for customized instructions before the next step!

6. Make the salad & serve your dish

- ☐ To the bowl of **marinated kale**, add the **roasted vegetables**. Toss to combine.
- ☐ Serve the **salad** topped with the **fried feta** and **sliced pear(s)**. Serve the **remaining lemon wedges** on the side. Enjoy!



Customized Steps

TROUT

ADDITIONAL STEP:

- ☐ Rinse and wipe out the pan.
- ☐ Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- ☐ In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy.
- ☐ Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.
- ☐ Turn off the heat.

CHICKEN

ADDITIONAL STEP:

- ☐ Rinse and wipe out the pan.
- ☐ Pat the **chicken** dry with paper towels; season with salt and pepper.
- ☐ In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- ☐ Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- ☐ Turn off the heat.

SHRIMP

ADDITIONAL STEP:

- ☐ Rinse and wipe out the pan.
- ☐ Pat the **shrimp** dry with paper towels; season with salt and pepper.
- ☐ In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the seasoned shrimp. Cook, stirring occasionally, 3 to 5 minutes, or until opaque and cooked through.
- ☐ Turn off the heat.