



In your box

- 1 Yellow Onion
- 1 ½ oz. Walnut Halves
- 1 Fuji Apple
- 2 Naan Flatbreads
- 2 tsp. Sugar
- 2 oz. Shredded Mozzarella
- ½ oz. Baby Arugula
- 2 oz. Goat Cheese

Customize It Options

- 8 oz. Fully Cooked Pulled Pork
- 12 oz. Ground Chicken

*Contains: milk, eggs, wheat, tree nuts (walnuts)

You will need

Olive Oil, Salt, Pepper

Baking Sheet, Large Non-Stick Pan, Small Non-Stick Pan

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



Apple and Goat Cheese Flatbread

with candied walnuts

NUTRITION per serving—Calories: 865, Carbohydrates: 91g, Sugar: 24g, Fiber: 8g, Protein: 29g, Sodium: 1571mg, Fat: 44g, Saturated Fat: 13g
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

35-45 min.

Cook Within

7 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- If using any fresh produce, thoroughly rinse and pat dry
- Prepare a baking sheet with foil



1. Prepare the Ingredients

- Halve and peel **onion**. Slice halves into thin strips.
- Coarsely chop **walnuts**.
- Quarter **apple** and remove core. Cut quarters into thin slices.



2. Caramelize the Onion

- Place a large non-stick pan over medium heat.
- Add 1 Tbsp. **olive oil**, **onion**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until browned, 10-13 minutes.
- *If onion browns too quickly, add 1 Tbsp. water to pan and stir until evaporated.*
- While onion caramelizes, par-bake flatbread.

Customize It Instructions

- Meat lovers! Cook protein in a medium non-stick pan over medium-high heat. If using **ground chicken**, cook with ¼ tsp. **salt** and a pinch of **pepper**, breaking up chicken until no pink remains and chicken reaches minimum internal temperature, 7-9 minutes. If using **pulled pork**, coarsely chop pulled pork. *Excess pork fat will render while cooking and add flavor.* Cook pork with 2 Tbsp. water, stirring occasionally, breaking up pork, until pork is warmed through, 1-2 minutes. Add to flatbread as desired.



3. Par-Bake the Flatbreads

- Place **flatbreads** directly on rack in hot oven and toast, 5 minutes.
- While flatbreads par-bake, candy walnuts.



4. Candy the Walnuts

- Place a small non-stick pan over medium heat. Add **sugar** and 2 Tbsp. **water** to hot pan and stir constantly until dissolved.
- Add **walnuts** and stir constantly until water has evaporated and walnuts are shiny and sticky, 2-3 minutes.
- Transfer walnuts to a plate and let cool, 5 minutes. When walnuts are cool enough to handle, break into small pieces.
- While walnuts cool, bake flatbreads.



5. Bake Flatbreads and Finish Dish

- Place par-baked **flatbreads** on a clean work surface. Divide **mozzarella** evenly on flatbreads, then shingle **apple slices** on top. Drizzle each flatbread with 1 tsp. **olive oil**.
- Place flatbreads directly on oven rack, with prepared baking sheet on rack below to catch any drips. Bake until flatbread is golden brown and apples are tender, 10-12 minutes.
- Plate dish as pictured on front of card, garnishing flatbreads with **caramelized onions**, **walnuts**, **goat cheese** (breaking up with hands if necessary), and **arugula**. Bon appétit!