



In your box

- 1 Yellow Onion
- 1½ 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

- 13½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 10 oz. USDA Choice Sliced Flank Steak

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		

Rest steak or pork after cooking, 3 minutes.

Classic Meal Kit



Apple and Goat Cheese Flatbread

with candied walnuts

NUTRITION per serving—Calories: 864, Carbohydrates: 90g, Sugar: 24g, Fiber: 8g, Protein: 29g, Sodium: 1552mg, Fat: 44g, Saturated Fat: 12g
 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
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes.
- Prepare a baking sheet with foil



Customize It Instructions

- Meatlovers! If adding protein, pat dry, and season with a pinch of **salt** and **pepper**. Cook with 1 tsp. **olive oil** in a large non-stick pan over medium-high heat. If using **diced chicken breasts**, stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes. If using **whole chicken breasts**, on a separate cutting board, cut into 1" dice. Follow same instructions as diced chicken breasts. If using **flank steak**, stir occasionally until no pink remains and steak reaches minimum internal temperature, 4-6 minutes. Rest, 3 minutes. Add to flatbread as desired.

1. Prepare the Ingredients

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

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.



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 **shredded cheese** 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 if necessary), and **arugula**. Bon appétit!