



NUTRITION *per serving* 105g carbohydrates 59g fat 41g protein 1607mg sodium | shellfish-free



Calories
990



Prep & Cook Time
25-35 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 1 Granny Smith Apple
- 5 oz. Lacinato Kale
- 4 ½ oz. Cheddar Cheese Slices
- 6 Bacon Strips
- .34 fl. oz. Apple Cider Vinegar
- 1.4 fl. oz. Breakfast Syrup
- ½ oz. Sliced Almonds
- .9 oz. Butter
- 4 Sourdough Bread Slices

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Mixing Bowl
- Large Pan

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HOME CHEF

CUSTOMER FAVORITE

Apple, Bacon, and Cheddar “ABC” Grilled Cheese
with kale salad and maple vinaigrette

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Control **vinaigrette** sweetness by adding half the **syrup**, whisking, and adding more to taste.
- **Heads Up!** **Apple slices** are used twice. Half go in **salad** and remaining go in **grilled cheese**.

FROM THE CHEF

Massaging vinaigrette into kale breaks down its cell walls, which tenderizes it and allows it to better absorb flavors from dressing.

Did you know...

The concept of a grilled cheese sandwich has evolved over the past 50 years. In the 1940s and 1950s, the sandwiches were served open-faced with grated cheese. In the 1960s, processed cheese slices were introduced. Around the same time, the second piece of bread was added and the modern grilled cheese sandwich was born.



Prepare the Ingredients

Core **apple** and cut into ¼" slices. Stem **kale** and coarsely chop leaves. Halve **cheese slices**. Halve **bacon strips**.



Cook the Bacon

Line a plate with a paper towel. Arrange **bacon pieces** on prepared baking sheet and bake until crispy, 10-12 minutes. Remove to towel-lined plate and let cool slightly. Line baking sheet with a clean piece of foil. While bacon cooks, make vinaigrette.



Make the Vinaigrette

Whisk together **apple cider vinegar**, **half the syrup**, and 2 Tbsp. **olive oil** in a large mixing bowl. Season with ¼ tsp. **salt** and a pinch of **pepper**. Taste, and add more syrup if desired.



Finish the Salad

Add **kale** to bowl with vinaigrette and massage with your hands until kale starts to soften, about 2 minutes. *Massaging vinaigrette into kale will tenderize it, making for a more enjoyable eating experience.* Add **sliced almonds** and **half the apple slices** (reserve remaining for grilled cheese). Toss to coat. Season to taste with a pinch of **salt and pepper**.



Assemble and Cook Grilled Cheese

Heat **half the butter** in a large pan over medium heat. Layer **cheddar slices**, **bacon**, and remaining **apple** on two **bread slices**. Top with remaining bread, add both to pan, and cook until golden brown, 3 minutes. Add remaining butter and flip sandwiches to brown second side, 2-3 minutes. Transfer sandwiches to prepared baking sheet and bake until warmed through and cheese is melted, 5 minutes.



Plate the Dish

Halve **grilled cheese** and serve on a plate next to **kale salad**.