



NUTRITION *per serving* 49g carbohydrates 32g fat 20g protein 805mg sodium | low-calorie, vegetarian, soy-free



Calories
615



Prep & Cook Time
25-35 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy



HOME CHEF

CUSTOMER FAVORITE

Roasted Vegetable Panini

with romaine-arugula salad in balsamic-Dijon dressing

IN YOUR BOX

- 1 Red Onion
- 1 Red Bell Pepper
- 1 Zucchini
- 1 Portobello Mushroom
- 1 Romaine Heart
- 1 Tbsp. Balsamic Vinegar
- 1 Tbsp. Dijon Mustard
- 1 oz. Pesto
- 4 Sourdough Bread Slices
- 2 Swiss Cheese Slices
- 1 oz. Baby Arugula

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Baking Sheet
- Small Bowl
- 2 Medium Pans

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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 **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil

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.
- **Heads Up!** Red onion is used twice. Half is roasted with vegetables and half goes into salad.

FROM THE CHEF

If pesto is thick or hard to spread, try adding 1 tsp. olive oil to container and mixing well for a more spreadable texture.

Pressed sandwiches are like “Seven Minutes in Heaven” between bread. Confining roasted vegetables together in a tight space can have magical effects! Increase the intimacy by adding a weight to the top pan such as a canned good.

Did you know...

Prevailing panini popularity in Italy during the 1970s gave rise to the term “paninaro,” referring to youth culture who frequented the country’s hip paninotechas (sandwich shops) and showcased their love of fashion and consumer goods.



Prepare the Ingredients

Peel and halve **red onion**. Slice halves into thin strips like sticks (julienne). Stem, seed, and slice **red bell pepper** into thin $\frac{1}{4}$ ” strips. Trim **zucchini** ends, halve lengthwise, and cut into $\frac{1}{2}$ ” half-moons. Using a spoon, scoop out black undersides (gills) of **portobello mushrooms**. Cut mushrooms into $\frac{1}{4}$ ” strips. Hold **romaine head** at root end and chop coarsely.



Roast the Vegetables

Place **red bell pepper**, **zucchini**, **portobello** and half the **red onions** on prepared baking sheet. Drizzle with 1 Tbsp. **olive oil** and season with $\frac{1}{2}$ tsp. **salt** and a pinch of **pepper**. Roast 12-15 minutes, or until slightly caramelized. Remove from oven and let cool slightly.



Make the Dressing

While vegetables are roasting, combine **balsamic**, **Dijon**, and 2 tsp. **olive oil** in a small bowl. Mix together and season with a pinch of **salt and pepper**. Set aside.



Assemble the Panini

Evenly spread **pesto** on two slices of **sourdough**. Place one slice of **cheese** on top of pesto. Portion **roasted veggies** onto two slices of **bread** and top with other bread slice.



Press the Panini

Heat $\frac{1}{2}$ tsp. **olive oil** in a medium pan over medium heat. Place **sandwich** in hot pan. Using an additional small or medium pan, press down on sandwich and cook 3 minutes, or until browned. Lift sandwich with spatula, add additional $\frac{1}{2}$ tsp. olive oil to pan, and flip sandwich onto second side. Cook for an additional 3 minutes, or until browned. Repeat process with second sandwich.



Plate the Dish

Toss **romaine**, **arugula**, and remaining **red onion** together. Divide between two plates. Slice **sandwiches** in half and nestle against salad. Drizzle **dressing** over salad and enjoy!