



NUTRITION *per serving* 97g carbohydrates 62g fat 35g protein 862mg sodium | CONTAINS gluten, dairy, nuts | vegetarian



Calories
858



Prep & Cook Time
25-35 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy



STAFF PICK

Crispy Goat Cheese and Arugula Salad

with candied pecans and honey vinaigrette

IN YOUR BOX

- 4 oz. Goat Cheese
- 1 Ciabatta Bread Roll
- 3 oz. Grape Tomatoes
- 1 oz. Pecan Halves
- 3 tsp. Sugar
- 3 fl. oz. Liquid Egg
- ⅓ cup Panko Breadcrumbs
- .6 oz. Butter
- ½ oz. Honey
- ½ fl. oz. White Wine Vinegar
- 4 oz. Baby Arugula

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Baking Sheet
- Medium Non-Stick Pan
- Mixing Bowl

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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 **375 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil
- Refrigerate **goat cheese** until ready to use

WHILE YOU COOK

- Having damp hands when making **goat cheese disks** keeps the goat cheese from sticking to your digits.

FROM THE CHEF

To keep bowl steady while whisking, you can place a kitchen towel over a large pot and set the bowl in the pot. The towel will keep the bowl from spinning, leaving both your hands free to drizzle and whisk.

Did you know...

Ciabatta was developed in Italy as a response to the growing popularity of sandwiches made with French baguettes. Italy wanted its own sandwich-friendly bread, and thanks to Italian baker Arnaldo Cavallari, they got it.



1

Prepare the Ingredients

Slice **ciabatta** into six crostini. Halve **grape tomatoes**.



2

Form the Goat Cheese Disks

Divide **goat cheese** in half. Using your hands, form each half into a ball. Divide each ball into two disks, about 1½" in diameter. *If goat cheese is already in medallions, leave as is.* Place disks on a plate and place in freezer at least 15 minutes.



3

Toast Crostini and Candy Pecans

Arrange **ciabatta slices** on prepared baking sheet. Brush with 2 tsp. **olive oil** and sprinkle with a pinch of **salt** and **pepper**. Bake until golden brown, 6-8 minutes. Place a medium non-stick pan with **pecans**, **sugar**, 2 tsp. **water**, and a pinch of **salt** over medium-high heat. Bring to a simmer and cook, stirring constantly, until pecans are sticky, 5 minutes. Carefully transfer to baking sheet next to toasted ciabatta. Allow to cool before breaking into smaller pieces. Wipe pan clean.



4

Bread and Fry Goat Cheese

Line a plate with a paper towel. Place **liquid egg** and **panko** in two separate bowls or shallow dishes. Season **panko** with a pinch of **salt** and **pepper**. Working in batches, place **goat cheese disks** in egg, shake off excess, then dip in panko. *Be sure to completely coat disks, pressing panko into goat cheese.* Heat **butter** and 2 tsp. **olive oil** in pan used to cook pecans over medium-high heat. Add breaded goat cheese and cook until golden brown, 2-3 minutes per side. Remove to towel-lined plate.



5

Prepare Vinaigrette

In a large mixing bowl, combine **honey** and **vinegar**. Whisk in 2 Tbsp. **olive oil**. Season to taste with **salt** and **pepper**.



6

Plate the Dish

Add **arugula** and **grape tomatoes** to **vinaigrette**. Toss to combine. Taste and add a pinch of **salt** and **pepper**, if desired. Place **salad** on a plate and add **candied pecans**, two crispy **goat cheese disks**, and **crostini** on the side.