



NUTRITION *per serving* 55g carbohydrates 40g fat 19g protein 1054mg sodium | CONTAINS gluten, dairy, nuts | vegetarian

 Calories
649

 Prep & Cook Time
35-45 min.

 Cook Within
7 days

 Difficulty
Easy

 Spice Level
Not Spicy



French Onion Grilled Cheese

with blood orange and pecan salad

IN YOUR BOX

- 2 Yellow Onions
- 1 Blood Orange
- 1 fl. oz. Balsamic Vinegar
- 2 tsp. Sugar
- 1 oz. Pecan Halves
- 4 Slices Sourdough Bread
- 3 oz. Swiss Cheese Slices
- .6 oz. Butter
- 2 oz. Baby Arugula

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Large Oven-Safe Non-Stick Pan
- 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 **400 degrees**
- ❑ Thoroughly rinse produce and pat dry

WHILE YOU COOK

- ❑ **Heads Up!** Balsamic vinegar is used twice. Half is added to **caramelized onions** and remaining is added to **vinaigrette**.

FROM THE CHEF

Caramelizing onions is one of cooking's great transformations. Cook undisturbed for 4-5 minutes, then keep heat at medium and stir occasionally to brown evenly. Your patience will be rewarded!

Did you know...

Legend has it that the first French onion soup was made by King Louis XV of France when all that was available in his hunting lodge was butter, onions, and Champagne. He (well, probably his chef) combined the three to make a soup.



1

Prepare the Ingredients

Halve and peel **onions**. Slice halves into thin strips. Cut off ¼" from top and bottom of **blood orange**. Stand orange on end and carefully cut off peel, following the curvature of fruit. Slice orange into ¼" rounds and cut rounds into ¼" dice.



2

Caramelize the Onions

Heat 2 tsp. **olive oil** in a large oven-safe non-stick pan over medium heat. Add **onions** to hot pan and cook undisturbed until lightly browned, 4-5 minutes. Season with ¼ tsp. **salt** and a pinch of **pepper**. Continue cooking, stirring occasionally, until caramelized, 6-8 minutes. Add **half the balsamic vinegar** (reserve remaining for salad) and stir constantly until nearly evaporated and onions are coated, 2-3 minutes. Transfer to a plate or bowl. Wipe pan clean and reserve.



3

Make the Candied Pecans

Place a medium non-stick pan over medium-high heat. Add **sugar** and 2 Tbsp. **water**. Bring to a simmer and swirl until sugar is dissolved. Add **pecans** and cook, stirring constantly, until water has evaporated and pecans are coated in a sticky glaze, 3-5 minutes. Transfer to a plate. *Hot nut alert! Be careful when transferring.*



4

Cook the Grilled Cheese

Top each **bread slice** with **Swiss cheese** and **caramelized onions**. Close sandwiches. Return pan used to cook onions to medium heat. Add **butter** and **sandwiches** to hot pan. *Work in batches if needed, using half the butter for each sandwich.* Cook until browned on one side, 2-3 minutes. Flip and transfer pan to oven. Bake until well-browned and cheese is melted, 3-4 minutes. Rest 3-5 minutes before slicing. While grilled cheese bakes, toss salad.



5

Toss the Salad

In a medium mixing bowl, whisk together remaining **balsamic vinegar**, 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** until well-combined. Add **arugula** and **blood orange** and toss to coat. Taste, and season with a pinch of salt and pepper if desired.



6

Plate the Dish

Serve **grilled cheese** on a plate along with **salad**. Garnish salad with **candied pecans**.