



NUTRITION per serving 17g carbohydrates 27g fat 22g protein 1473mg sodium | calorie-conscious, carb-conscious



Calories
382



Prep & Cook Time
25-35 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 1 Ear of Corn
- 4 oz. Asparagus
- 6 Chives
- 4 ½ oz. Heirloom Cherry Tomatoes
- 3 oz. Prosciutto
- 1 fl. oz. Buttermilk
- 1 oz. Mayonnaise
- 4 oz. Baby Arugula
- 1 oz. Goat Cheese

CONTAINS: milk, eggs
Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Large Non-Stick Pan
- Mixing Bowl

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Prosciutto, Goat Cheese, and Asparagus Salad

with buttermilk dressing and fresh corn

BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Thoroughly rinse produce and pat dry

FROM THE CHEF

For an easy way to separate the prosciutto, stretch plastic wrap tautly over plate, lay prosciutto on top, and peel slices away.

Did you know...

Prosciutto comes from the hind leg or thigh of the pig, and is aged anywhere from 9 months to 2 years.



1

Prepare the Ingredients

Shuck **corn**, remove silk, and carefully remove kernels from cob. Trim woody ends off **asparagus**. Cut into 2" lengths on an angle. Mince **chives**. Halve **tomatoes**.



2

Crisp the Prosciutto

Line a plate with paper towels. Place a large non-stick pan over medium heat. Working in batches, add 1 tsp. **olive oil** to hot pan, and spread **prosciutto** into a single layer. Cook until browned and crispy, 2-4 minutes per side. Transfer prosciutto to towel-lined plate. Repeat with remaining prosciutto. Reserve pan; no need to wipe clean.



3

Cook the Asparagus and Corn

Return pan used to crisp prosciutto to medium heat. Add **corn**, **asparagus**, ¼ tsp. **salt**, and a pinch of **pepper**. Stir occasionally until corn is lightly browned, 3-4 minutes. *Asparagus will still be a little crunchy.* Remove from burner and set aside.



4

Make the Dressing

In a large mixing bowl, whisk together **buttermilk**, **mayonnaise**, **chives**, 2 tsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**.



5

Dress the Salad

Add **arugula**, **tomatoes**, **corn**, and **asparagus** to bowl with dressing and toss to coat. *Alternatively, serve dressing on side to control amount.*



6

Finish the Dish

Place **salad** on plate and top with **goat cheese** (breaking up with your hands if needed) and **crispy prosciutto**. Break up prosciutto before plating if desired.