



#### In your box

- 1 Yellow Onion
- 1 ½ oz. Walnut Halves
- 1 Fuji Apple
- 2 Naan Flatbreads
- 2 tsp. Sugar
- 4 oz. Shredded Mozzarella
- ½ oz. Baby Arugula
- 1 oz. Goat Cheese

#### Customize It Options

- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts
- 8 oz. Italian Pork Sausage Links



## Apple and Goat Cheese Flatbread

with candied walnuts

NUTRITION per serving—Calories: 889, Carbohydrates: 89g, Fat: 45g, Protein: 31g, Sodium: 1720mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
*\*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

Prep & Cook Time  
**35-45 min.**

Cook Within  
**7 days**

Difficulty Level ● ● ●  
**Intermediate**

Spice Level ☺ ☺ ☺  
**Not Spicy**

## ① You will need

Olive Oil, Salt, Pepper

Baking Sheet, Large Non-Stick Pan, Small Non-Stick Pan

## 👑 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



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### Prepare the Ingredients

- Halve and peel **onion**. Slice halves into thin strips.
- Coarsely chop **walnuts**.
- Quarter **apple** and remove core. Cut quarters into thin slices.



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### Caramelize the Onion

- Place a large non-stick pan over medium-low heat.
- Add 1 Tbsp. **olive oil**, **onion**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until onion is lightly caramelized, 15-20 minutes.
- While onion caramelizes, par-bake flatbread.
- *Meat lovers! If using **chicken**, pat dry and cut into 1" pieces on a separate cutting board. Season all over with ¼ tsp. salt and a pinch of pepper. Stir occasionally with 2 tsp. olive oil in a medium non-stick pan over medium-high heat until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes. If using **Italian sausage**, remove from casing. Place in a medium non-stick pan with 1 tsp. olive oil over medium-high heat. Break into small pieces with a spoon until no pink remains, 4-6 minutes.*



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### Par-bake the Flatbreads

- Place **flatbreads** directly on rack in hot oven and toast, 5 minutes.
- While flatbreads par-bake, candy walnuts.



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### Candy the Walnuts

- Place a small non-stick pan over medium heat. Add **sugar** and 2 Tbsp. **water** to hot pan and stir until dissolved.
- Add **walnuts** and stir constantly until water has evaporated and walnuts are shiny and sticky, 2-3 minutes.
- Transfer walnuts to a plate and let cool, 5 minutes. When walnuts are cool enough to handle, break into small pieces.
- While walnuts cool, bake flatbreads.



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### Bake Flatbreads and Finish Dish

- Place par-baked **flatbreads** on a clean work surface. Divide **mozzarella** evenly on flatbreads, then shingle **apples** on top. Drizzle each flatbread with 1 tsp. **olive oil**.
- Place flatbreads directly on oven rack, with prepared baking sheet on rack below to catch any drips. Bake until flatbread is golden brown and apples are tender, 10-12 minutes.
- *If using protein, add to flatbreads after baking.*
- Plate dish as pictured on front of card, garnishing flatbreads with **caramelized onions**, **walnuts**, **goat cheese** (breaking up with hands if necessary), and **arugula**. Bon appétit!