



In your box

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

Customize It Options

8 oz. Bacon—Double Portion
10 oz. Antibiotic-Free Ground Beef
12 oz. Ground Turkey

*Contains: milk, eggs, wheat, tree nuts (walnuts)

You will need

Olive Oil, Salt, Pepper
Large Non-Stick Pan, Small Non-Stick Pan, Baking Sheet



Apple and Goat Cheese Flatbread

with candied walnuts

NUTRITION per serving—Calories: 857, Carbohydrates: 90g, Fat: 44g, Protein: 29g, Sodium: 1613mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

35-45 min.

Cook Within

7 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil

Customize It Instructions

- Meat lovers! Cook meat in a medium non-stick pan over medium-high heat. If using **bacon**, line a plate with a paper towel. Flip occasionally until crisp and bacon reaches a minimum internal temperature of 145 degrees, 5-7 minutes. Transfer to towel-lined plate to remove excess oil. If using **ground beef**, cook with a pinch of **salt** and **pepper**, breaking up meat until no pink remains and beef reaches a minimum internal temperature of 160 degrees, 4-6 minutes. If using **ground turkey**, cook with ¼ tsp. salt and a pinch of pepper, breaking up meat until no pink remains and turkey reaches a minimum internal temperature of 165 degrees, 7-9 minutes. Add to flatbread as desired.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

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.



2

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.
- *If onion browns too quickly, add 2 Tbsp. water to pan and stir until evaporated.*
- While onion caramelizes, par-bake flatbread.



3

Par-bake the Flatbreads

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



4

Candy the Walnuts

- Place a small non-stick pan over medium heat. Add **sugar** and 2 Tbsp. **water** to hot pan and stir constantly 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.



5

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.
- 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!