



APRICOT & CARAMELIZED ONION FLATBREADS

roasted red peppers, thyme, kale salad with almonds

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
770

MENU
VEGAN

Flatbreads are the perfect culinary blank canvas—the sky’s the limit when it comes to toppings! Luckily, our chefs are true flatbread artists, and these strike the perfect balance of sweet and savory with a delightfully tangy finish. Tonight’s toasty, golden-brown work of art is topped with a balsamic apricot spread, thyme-flecked caramelized onion and roasted red peppers, cashew “Parmesan,” and a handful of kale. And since no flatbread is complete without an equally awesome side salad, we’re upping the ante with a mixture of kale, carrots, dried apricots, sliced almonds, and a thyme-balsamic vinaigrette.

INGREDIENTS (12 ITEMS)

- 1 whole **Yellow onion**
- ⅛ oz **Thyme**
- 4¼ oz **Lacinato kale**
- 2¼ oz **Roasted red peppers**
- 2 whole **Flatbreads** ^W
- 2 oz **Balsamic vinegar**
- 3½ oz **Apricot jam**
- 1¾ oz **Carrots**
- 1 oz **Dried apricots**
- ½ oz **Sliced almonds** ^T
- 2½ tbs **Cashew “Parmesan”** ^T
- ½ tsp **Crushed red pepper flakes**

WHAT YOU’LL NEED

- medium sauté pan
- baking sheet
- mixing bowls
- measuring cup & spoons
- whisk
- oven mitt
- cooking & olive oils
- 1 tsp sugar
- salt & pepper

ALLERGENS

- ^W WHEAT
- ^T TREE NUTS (almonds, cashews)

4 COOKING FOR
If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Preheat oven to 400 degrees.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- De-stem **thyme**; finely chop leaves.
- Remove and discard any thick center stems from **lacinato kale***. Roll leaves into a large “cigar” and slice across into ribbons, about ¼ inch wide.

**To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 CARAMELIZE ONION

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **onion** to hot pan. Season with salt, pepper, and 1 teaspoon sugar. Cook 3-4 minutes, or until onion begins to soften, stirring occasionally.
- Reduce heat to medium-low. Add **roasted red peppers**, 2 teaspoons of the **thyme**, and 2 tablespoons water. Cook 5-6 minutes, or until onion is lightly browned, stirring occasionally.

3 TOAST FLATBREADS

- Place **flatbreads** on a lightly oiled, foil-lined baking sheet. Bake 5-7 minutes, or until flatbreads are lightly toasted. (You’ll finish cooking the flatbreads in Step 6.)

4 MAKE THYME VINAIGRETTE & APRICOT SPREAD

- Place about half of the **balsamic vinegar**, about 1 tablespoon **apricot jam**, about 1 tablespoon olive oil, and a pinch of the remaining **thyme*** in a medium bowl. Whisk to combine. Season with salt and pepper to taste.
- Place remaining **apricot jam** and remaining **balsamic vinegar** in a small bowl. Stir to combine. Season with salt and pepper to taste.

**Reserve any remaining thyme for another use. We like it in scrambled eggs and on roasted veggies.*

5 MAKE SALAD

- Place **kale** in a second medium bowl. Drizzle with 1 tablespoon of the **thyme vinaigrette**. Lightly season with salt. Massage until leaves soften. Reserve about 1 cup **kale** for flatbreads.
- Add **carrots**, **dried apricots**, and **sliced almonds** to bowl with remaining **kale**. Drizzle with remaining **vinaigrette** to taste, about 1 tablespoon at a time. Toss to combine. Season with salt and pepper to taste.

6 BUILD & BAKE FLATBREADS

- Drizzle about 1 tablespoon olive oil over each **flatbread**. Season with salt and pepper. Rub to evenly coat.
- Spread **apricot spread** over **flatbreads**. Sprinkle **cashew “Parmesan”** over **flatbreads**. Top with **caramelized onion and peppers** and reserved **kale**.
- Bake 2-3 minutes, or until flatbreads are golden brown.

7 PLATE YOUR DISH

- Quarter **flatbreads**.
- Divide **apricot and caramelized onion flatbreads** between plates. Sprinkle with **crushed red pepper flakes** to taste (or omit). Serve **kale salad** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (420g)

Amount per serving

Calories 770

	% Daily Value*
Total Fat 33g	42%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 630mg	27%
Total Carbohydrate 106g	39%
Dietary Fiber 9g	32%
Total Sugars 45g	
Includes 25g Added Sugars	50%
Protein 14g	
Vitamin D 1mcg	6%
Calcium 267mg	20%
Iron 4mg	20%
Potassium 786mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Flatbreads [enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, "00" flour, olive oil, yeast, contains less than 2% of: sea salt, natural mold inhibitors (cultured wheat starch, cultured wheat flour, vinegar), canola oil, wheat gluten, sugar, semolina flour, ground millet, sugar, salt, natural flavor, ascorbic acid], **Dried Apricots** [apricot, rice flour, sulfur dioxide (added for color retention)], **Yellow Onion**, **Lacinato Kale**, **Crushed Red Pepper Flakes**, **Thyme**, **Roasted Red Peppers** [bell pepper], **Balsamic Vinegar** [wine vinegar, concentrated grape must], **Apricot Jam** [organic apricots, organic cane sugar, pectin solution (water, apple pectin), ascorbic acid (vitamin c), citric acid], **Carrots**, **Almonds** [almonds], **Cashew "Parmesan"** (Cashews [cashew pieces], Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Granulated Garlic, Sea Salt, Black Pepper)

Allergen information:

Contains Tree Nuts And Wheat

Allergens may be reflected in pantry items listed in the "What You'll Need" section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

