



CARAMELIZED ONION & APPLE MELTS

ciabatta, white cheddar, kale salad with dried apricots & almonds

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
1010

MENU
VEGETARIAN

Plain grilled cheese is classic for a reason, but one bite of this sophisticated melt might just raise the sandwich bar for good. Buttery toasted ciabatta is layered with caramelized onion and apple (sautéed with white balsamic, apricot jam, and thyme), mozzarella, and white cheddar. The sandwiches are baked in the oven until marvelously melty, then paired with a Dijon-dressed kale salad—strewn with apple matchsticks, dried apricots, and almonds—for even more savory-sweet goodness.

- INGREDIENTS (12 ITEMS)**
- 2¾ oz **Red kale**
 - 1 whole **Granny Smith apple**
 - 1 oz **Sliced almonds** T
 - 1 whole **Yellow onion**
 - ⅛ oz **Thyme**
 - ¼ oz **Apricot jam**
 - 1 oz **White balsamic vinegar**
 - ¼ oz **Dijon mustard**
 - 1 oz **Dried apricots**
 - 2 whole **Ciabatta breads** W
 - 2 oz **Mozzarella cheese** M
 - 2 oz **White cheddar cheese** M

- WHAT YOU'LL NEED**
- medium sauté pan
 - baking sheet
 - large bowl
 - measuring spoons
 - whisk
 - oven mitt
 - cooking & olive oils
 - 3 tbsp butter M
 - salt & pepper

- ALLERGENS**
- T TREE NUTS (almonds)
 - W WHEAT
 - M MILK

COOKING FOR 4 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 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.
- Remove and discard any thick center stems from **red kale***. Roughly chop leaves into bite-size pieces.
- Stand **Granny Smith apple** upright and cut off sides around core; discard core. Lay sides flat and cut lengthwise into slices, about ¼ inch thick. Cut half the slices lengthwise into matchsticks, about ¼ inch thick.
- Roughly chop **sliced almonds**.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use.** Cut remaining half lengthwise into strips, about ¼ inch thick.
- De-stem **thyme**; finely chop leaves.

**The ingredient you received may be a different color.*

***We recommend using half the onion in this recipe, but feel free to use the whole onion if desired.*

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 MIX VINAIGRETTE

- Place about half the **apricot jam**, about half the **white balsamic vinegar**, and about half the **Dijon mustard** in a large bowl (reserve remaining mustard for another use). Whisk to combine.
- Add about 2 tablespoons olive oil while whisking. Season with salt and pepper to taste.

3 MAKE SALAD

- Add **kale** to bowl with **vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Add **apple matchsticks**, **dried apricots**, and **almonds**. Toss to combine. Season with salt and pepper to taste.

4 CARAMELIZE ONION & APPLE

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **onion** and **sliced apple** to hot pan. Season with salt and pepper. Cook 4-5 minutes, or until onion begins to brown, stirring occasionally.
- Reduce heat to medium. Add **thyme** and remaining **white balsamic vinegar**. Cook 3-4 minutes, or until onion is lightly browned, stirring occasionally.
- Remove from heat. Add remaining **apricot jam** and 1 tablespoon butter. Season with salt and pepper. Stir until butter has melted.

5 TOAST BREAD

- Halve **ciabatta breads** horizontally. Place, cut sides up, on a foil-lined baking sheet. Toast in oven 2-3 minutes, or until lightly browned.
- Transfer **ciabattas** to a cutting board. Spread cut sides with about ½ tablespoon butter each.

6 BAKE MELTS

- Spoon **caramelized onion and apple** over cut sides of **buns**. Sprinkle with **mozzarella cheese** and **white cheddar cheese**.
- Toast in oven 2-3 minutes, or until cheese is slightly melted.
- Carefully close **melts**. Halve widthwise at an angle.

7 PLATE YOUR DISH

- Divide **caramelized onion and apple melts** between plates. Pile **kale salad** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (392g)

Amount per serving

Calories **1010**

	% Daily Value*
Total Fat 64g	82%
Saturated Fat 24g	120%
Trans Fat 0.5g	
Cholesterol 95mg	32%
Sodium 860mg	37%
Total Carbohydrate 81g	29%
Dietary Fiber 8g	29%
Total Sugars 32g	
Includes 11g Added Sugars	22%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 501mg	40%
Iron 4mg	20%
Potassium 666mg	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:

Ciabatta Bread [unbleached, unbromated, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, olive oil, salt, cultured wheat flour, dough conditioner (wheat flour and enzymes), yeast, barley flour], **Yellow Onion**, **Apricot Jam** [organic apricots, organic cane sugar, pectin solution (water, apple pectin), ascorbic acid (vitamin c), citric acid], **White Balsamic Vinegar** [aged white wine vinegar and must of white grapes], **Thyme**, **Mild White Cheddar** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Mozzarella Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Red Kale**, **Dijon Mustard** [water, mustard seeds, vinegar, salt, citric acid, sulphur dioxide], **Dried Apricots** [apricot, rice flour, sulfur dioxide (added for color retention)], **Almonds** [almonds], **Granny Smith Apple**

Allergen information:

Contains Tree Nuts, Milk 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.

