



**GREEN
CHEF**

WARM PESTO CAPRESE SANDWICHES

balsamic kale salad with apple & toasted walnuts

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

1010

MENU

VEGETARIAN

We can never get enough of tried-and-true *caprese*—fresh mozzarella, tomato, and basil—so we elevated the classic appetizer combo to entrée status. In this iteration, we tuck melty mozzarella cheese, slices of fresh tomato, a sprinkle of smoked sea salt, and a generous smear of herby basil pesto between pieces of toasty ciabatta bread. A garden-fresh kale salad with apple and walnuts rounds out the 25-minute meal.

INGREDIENTS (9 ITEMS)

1 whole **Roma tomato**
 ½ oz **Walnuts** T
 2¾ oz **Green kale**
 1 whole **Gala apple**
 8 oz **Fresh mozzarella cheese** M
 ¾ oz **Balsamic vinegar**
 2 whole **Ciabatta breads** W
 ¼ tsp **Applewood-smoked sea salt**
 2¾ oz **Basil pesto with Parmesan** M T

WHAT YOU'LL NEED

small sauté pan
 baking sheet
 mixing bowls
 measuring spoons
 whisk
 oven mitt
 olive oil
 salt & pepper

ALLERGENS

T TREE NUTS (almonds, walnuts)
M MILK
W WHEAT



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 425 degrees.
- Cut **Roma tomato** widthwise into slices, about ¼ inch thick.
- Roughly chop **walnuts** if necessary.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Stand **Gala apple** upright and cut off sides around core; discard core. Medium dice into pieces, about ½ inch each.
- Cut **fresh mozzarella cheese** into slices, about ½ inch thick.

*The ingredient you received may be a different color.

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

SEASON TOMATO

- Place **tomato** in a small bowl. Drizzle with about 1 tablespoon **balsamic vinegar** and about 1 tablespoon olive oil. Season with salt and pepper. Turn to coat.

3

TOAST WALNUTS

- Place **walnuts** in a dry, small sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **walnuts** to a plate.

4

MAKE VINAIGRETTE & SALAD

- Place remaining **balsamic vinegar** and about 2 tablespoons olive oil in a large bowl. Season with about ¼ teaspoon salt and a pinch of pepper. Whisk to combine.
- Add **kale** to bowl with **vinaigrette**. Massage until leaves soften. Add **apple** and **walnuts**. Toss to combine. Season with salt and pepper to taste.

5

TOAST BREAD

- Halve **ciabatta breads** horizontally. Place **ciabatta**, cut sides up, on a foil-lined baking sheet. Toast 3-4 minutes, or until lightly browned.

6

MAKE SANDWICHES

- Spread bottom halves of **bread** with ½ teaspoon olive oil each. (**Careful! Baking sheet is hot!**) Top with **mozzarella** and **tomato**. Sprinkle with **applewood-smoked sea salt**. Spread top halves of **bread** with **basil pesto with Parmesan**.
- Bake 2-4 minutes, or until mozzarella has slightly melted.

7

PLATE YOUR DISH

- Close **sandwiches**. Halve crosswise.
- Divide **warm pesto caprese sandwiches** between plates. Serve **balsamic kale salad with apple and toasted walnuts** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (408g)

Amount per serving

Calories 1010

	% Daily Value*
Total Fat 72g	92%
Saturated Fat 21g	105%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 1190mg	52%
Total Carbohydrate 57g	21%
Dietary Fiber 6g	21%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 664mg	50%
Iron 4mg	20%
Potassium 481mg	10%

* 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], **Mozzarella Cheese** [pasteurized milk, salt, vinegar, lactic acid, enzymes, culture and rennet], **Roma Tomatoes**, **Balsamic Vinegar** [wine vinegar, concentrated grape must, caramel color], **Walnuts** [walnuts], **Gala Apple**, **Green Kale**, **Applewood-Smoked Sea Salt**, **Basil Pesto** (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Parmesan Cheese [pasteurized cow's milk (cheese cultures, salt, and enzymes), cellulose (to prevent caking) and potassium sorbate], Water, Ascorbic Acid [ascorbic acid])

Allergen information:

Contains Milk, 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.