



In your box

- 1 Yellow Onion
- 5 oz. Asparagus
- 2 Naan Flatbreads
- 1 oz. Walnut Halves
- 2 oz. Balsamic Vinegar
- 2 Tbsp. Fig Preserves
- 2 oz. Shredded Mozzarella
- 2 oz. Goat Cheese
- ½ oz. Baby Arugula



Fig and Goat Cheese Flatbread

with walnuts and caramelized onions

NUTRITION per serving—Calories: 818, Carbohydrates: 95g, Fat: 37g, Protein: 28g, Sodium: 1731mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

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, Medium Non-Stick Pan, Mixing Bowl

👑 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



1

Prepare the Ingredients

- Halve and peel **onion**. Slice halves into thin strips.
- Trim woody ends off **asparagus** and halve lengthwise. Cut into 1" pieces.



2

Par-Bake Flatbreads and Toast Walnuts

- Place **flatbreads** directly on oven rack in hot oven and bake until lightly browned, 6-8 minutes.
- While flatbreads par-bake, place a medium non-stick pan over medium heat. Add **walnuts** to hot, dry pan. Stir often until aromatic, 4-5 minutes.
- Transfer walnuts to a plate.
- Reserve pan; no need to wipe clean.



3

Caramelize the Onion

- Return pan used to toast walnuts to high heat. Add 2 tsp. **olive oil** and **onion** to hot pan. Stir constantly, 3 minutes.
- Reduce heat to medium and stir occasionally until onion is golden brown and tender, 6-9 minutes.
- Stir in **balsamic vinegar**, ¼ tsp. **salt**, and ¼ tsp. **pepper**. Cook until liquid is completely evaporated, 2-3 minutes.
- Remove from burner.



4

Assemble the Flatbreads

- Place toasted **flatbreads** on a clean work surface.
- Top flatbreads with **fig spread**, **caramelized onion**, **mozzarella**, **asparagus**, and **goat cheese** (breaking up with your hands if needed). Drizzle with ¼ tsp. **olive oil**.



5

Bake Flatbreads and Dress Arugula

- Place **flatbreads** directly on oven rack, with prepared baking sheet on rack below to catch any drips. Bake until **cheese** bubbles, 5-7 minutes.
- While flatbreads bake, place **arugula** in a mixing bowl. Toss with 1 tsp. **olive oil** and a pinch of **salt** and **pepper**.
- Plate dish as pictured on front of card, garnishing flatbreads with **walnuts** and arugula. Bon appétit!