



Buttery Apple and Brie Melts

with Caramelized Onions and Mixed Greens

Veggie

25 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)

+ Add



Chicken Breasts⁺
2 | 4

+ Add



Turkey Breast Portions
340 g | 680 g



Brie Cheese
125 g | 250 g



Gala Apple
1 | 2



Yellow Onion
1 | 2



Sandwich Bun
2 | 4



Baby Spinach
56 g | 113 g



Balsamic Glaze
2 tbsp | 4 tbsp



Salad Topping Mix
28 g | 28 g



Tomato
1 | 2



Dijon Mustard
1 tbsp | 2 tbsp



Fig Spread
2 tbsp | 4 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, unsalted butter, sugar, pepper

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, medium pot, parchment paper, whisk

1



Caramelize onions

- Before starting, remove 3 tbsp (6 tbsp) butter from the fridge and set aside to come up to room temperature.
- Preheat the oven to 450°F.
- Wash and dry all produce.

- Heat a medium pot over medium heat.
- While the pot heats, peel, then cut **onion** into 1/8-inch slices.
- When the pot is hot, add 1/2 **tbsp** (1 tbsp) **butter**, then **onions**. Cook, stirring occasionally, until golden-brown, 5-7 min.
- Reduce heat to medium-low, then add **half the balsamic glaze**. Season with **salt and pepper**. Cook, stirring occasionally, until **onions** are dark golden-brown, 4-6 min. Remove the pot from heat.

4



Toast bottom buns

- Meanwhile, spread 2 **tbsp** (4 tbsp) **softened butter** on cut sides of **buns**.
- Arrange **bottom buns** on a parchment-lined baking sheet, cut-side up. Set **top buns** aside.
- Toast **bottom buns** in the **top** of the oven until warmed, 3-5 min. (**TIP**: Keep an eye on buns so they don't burn.)

2



Prep

- + Add | **Chicken Breasts**
- + Add | **Turkey Breast Portions**
- Meanwhile, halve **buns**.
- Core, then cut **apple** into 1/4-inch slices.
- Cut **tomato** into 1/2-inch pieces.
- Cut **brie** into 1/4-inch slices.
- Add **remaining balsamic glaze** and 1/2 **tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt and pepper**, then whisk to combine.

5



Assemble melts and toast

- + Add | **Chicken Breasts**
- + Add | **Turkey Breast Portions**
- Spread **Dijon** on **toasted bottom buns**. Top with **warm apples** and **caramelized onions**, then **brie**.
- Arrange **assembled bottom buns** and **buttered top buns** on the same parchment-lined baking sheet, cut-side up.
- Toast in the **top** of the oven until **brie** is slightly melted, 3-5 min. (**TIP**: If you want meltier brie, continue toasting until desired doneness.)

3



Cook apples

- Heat a large non-stick pan over medium-high heat.
- When hot, add 1/2 **tbsp** (1 tbsp) **butter**, then swirl the pan until melted.
- Add **three-quarters of the apples**, then sprinkle with 1/4 **tsp** (1/2 tsp) **sugar**. Cook, stirring occasionally, until warmed through, 1-2 min.
- Transfer **apples** to a plate to cool.

6



Finish and serve

- Meanwhile, add **spinach**, **tomatoes** and **remaining apples** to the bowl with **vinaigrette**. Toss to combine.
- When **brie** is slightly melted, spoon **fig spread** over **top buns**, then close **melts**. Halve crosswise, if desired.
- Divide **melts** and **salad** between plates.
- Sprinkle **salad topping mix** over **salad**.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

2 | Prep and cook chicken

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt and pepper**. Heat a large non-stick pan over medium-high heat. When hot, add 1/2 **tbsp** (1 **tbsp**) **oil**, then **chicken**. (**NOTE**: Don't overcrowd the pan; cook chicken in 2 batches if needed.) Cook until golden, 1-2 min per side. Transfer **chicken** to a parchment-lined baking sheet. Roast in the **middle** of the oven until **chicken** is cooked through, 12-14 min.** Use the same pan to cook **apples** in step 3.

2 | Prep and cook turkey

+ Add | **Turkey Breast Portions**

If you've opted to add **turkey breast portions**, pat **turkey** dry with paper towels. Season with **salt and pepper**. Heat a large non-stick pan over medium-high heat. When hot, add 1 **tbsp** (2 **tbsp**) **oil**, then **turkey**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.** Transfer to a plate. Use the same pan to cook **apples** in step 3.

5 | Assemble melts and toast

+ Add | **Chicken Breasts**

Thinly slice **chicken**. Spread **Dijon** on **toasted bottom buns**. Top with **warm apples**, **chicken** and **caramelized onions**, then **brie**. Continue with recipe as written.

5 | Assemble melts and toast

+ Add | **Turkey Breast Portions**

Thinly slice **turkey**. Spread **Dijon** on **toasted bottom buns**. Top with **warm apples**, **turkey** and **caramelized onions**, then **brie**. Continue with recipe as written.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.