



Kale Salad & Fried Goat Cheese Medallion

with Roasted Sweet Potatoes & Toasted Walnuts

 1,5h  2 Servings

The only thing better than cheese is fried cheese. We slice goat cheese rounds and dip them flour, egg, and panko before frying in hot oil. The result? Irresistibly crisp and creamy goat cheese medallions that light up anything they touch. A simple salad of hearty kale, toasted walnuts, and roasted sweet potatoes and onions perfectly complement the cheesy star of the show.

What we send

- 1 red onion
- 1 sweet potato
- 4 oz Purple Haze goat cheese ⁷
- 1 oz walnuts ¹⁵
- 1 bunch curly kale
- 1 oz panko ¹
- 2 oz balsamic vinaigrette

What you need

- neutral oil
- kosher salt & ground pepper
- ¼ c all-purpose flour ¹
- 1 large egg ³
- nonstick cooking spray

Tools

- 2 rimmed baking sheets
- small skillet

Allergens

Wheat (1), Egg (3), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 840kcal, Fat 53g, Carbs 68g, Protein 25g



1. Prep ingredients

Preheat oven to 450°F with racks in the center and lower third.

Halve **onion**, then cut into ½-inch slices. Coarsely chop ¼ of the onions and set aside for step 6. Scrub **sweet potato**; cut into ¾-inch pieces.

Place **goat cheese** in freezer for 30–60 minutes to harden slightly.



2. Roast sweet potatoes

On a baking sheet, toss **sweet potatoes** and **sliced onions** with **2 tablespoons oil**. Season with **salt** and **pepper**. Roast on lower oven rack, stirring halfway through, until tender and browned, 15–20 minutes. Set aside to cool slightly.

Add **walnuts** to a second baking sheet. Roast on center oven rack until toasted, 4–5 minutes. Cool, then coarsely chop.



3. Prep kale

Meanwhile, strip **kale leaves** from stems; discard stems. Slice leaves horizontally into ½-inch ribbons.

In a medium bowl, massage **kale** with **1 tablespoon oil** and a **pinch of salt** until softened, about 1 minute. Set aside.



4. Prep breading station

In a small skillet, heat **¼ inch oil** to 350°F degrees (a piece of panko should sizzle when added to oil). Add **panko** to a bowl. In a 2nd bowl, add **¼ cup flour**. In a 3rd bowl, whisk **egg**.

Lightly oil knife with nonstick cooking spray. Without removing plastic wrapping, carefully slice **goat cheese** horizontally into 2 (½-inch thick) rounds. Peel off wrapping.



5. Fry goat cheese

Dip **cheese rounds** one at a time in **flour** to coat, then dip in **egg**. Let excess drip off, then add to **panko**, press to coat all sides.

Carefully add **goat cheese** to **hot oil** and cook until well browned on bottom, 1 minute. Flip; cook until other side is browned, 1 minute more. Transfer to a paper towel-lined plate and season with **salt**. Repeat with remaining medallion.



6. Assemble salad & serve

Toss **kale** with **chopped onions**, **roasted sliced onions**, **sweet potatoes**, **walnuts**, and **dressing**. Divide between bowls and top each with a **fried goat cheese medallion**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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