

DINNERLY



Cheesy Veggie Melts with Apple Slices: Let's Do Lunch!



20-30min



2 Servings

Remember our childhood lunchboxes? A perfectly-sized sandwich, those sweet apple slices, that little juice box.... Guess what? We're bringing it back! Well, except the juice box. Instead, you're getting roasted broccoli, red peppers, and onions smothered in melted cheese on a toasty ciabatta roll. We think that's a fair trade. And don't be afraid to think outside the lunchbox—it's perfect for dinner too! We've got you covered!

WHAT WE SEND

- 4 oz broccoli
- 1 medium red onion
- 4 oz roasted red peppers
- 2 ciabatta rolls ¹
- 4 oz shredded cheddar-jack blend ⁷
- 2 apples

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 700kcal, Fat 31g, Carbs 86g, Proteins 24g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Cut **broccoli** into ½-inch florets. Thinly slice **onion** crosswise and separate into rings. Thinly slice **peppers**.



2. Roast onions & broccoli

Place **onions** on one half of a rimmed baking sheet and toss with **1 tablespoon oil**. On open side, toss **broccoli** with ½ **tablespoon oil**; season veggies with **salt** and **pepper**. Roast on upper oven rack, stirring onions occasionally, until onions are deeply golden and broccoli is tender and browned in spots, about 15 minutes. Transfer to a plate and switch oven to broil.



3. Toast rolls

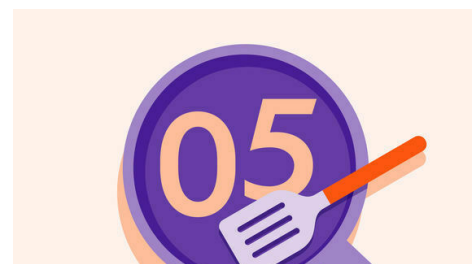
Split **rolls** and place, cut-side up, on same baking sheet. Broil until toasted, 1–3 minutes (watch closely as broilers vary).



4. Eat it now!

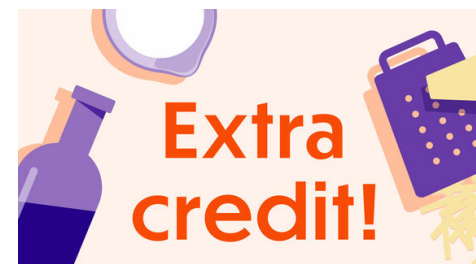
Divide **half of the cheese** over the **toasted rolls**, then top with **broccoli**, **peppers** and **onions**. Sprinkle **remaining cheese** over top. Broil until cheese is melted and browned in spots, 1–3 minutes (watch closely).

Cut **apples** into slices and serve alongside **veggie melts**. Enjoy!



5. Eat it later!

Prepare recipe through step 2. Store roasted veggies and sliced peppers in a covered container in the fridge. When ready to eat, toast rolls, assemble and broil sandwiches as directed in steps 3 and 4. Serve apples whole, or cut into slices, alongside.



6. Make it your own!

Top your veggie melts with a few dashes of your favorite hot sauce, some sliced avocado, a drizzle of ranch dressing—or whatever you like!