

Broccoli & Goat Cheese Polenta

with Soft-Boiled Eggs & Red Onion Jam

Broccoli is a wonderful, versatile cross between broccoli and Chinese kale. Here, we're blanching it (boiling it for just a few minutes, to soften its stalks and bring out its mild sweetness) before sautéing it with aromatics and sliced almonds. We're serving our broccoli over warming, goat cheese-infused polenta, with a garnish of homemade onion jam—simply onion cooked down with honey and red wine vinegar, for vibrant, fruity flavor. A soft-boiled egg tops off each bowl of this gourmet, Italian-inspired meal.



Ingredients

- 2 Farm Eggs
- ¾ Cup Polenta
- 3 Cloves Garlic
- 1 Red Onion
- ½ Pound Broccolini

Knick Knacks

- 4 Ounces Goat Cheese
- 2 Tablespoons Sliced Almonds
- 1 Tablespoon Honey
- 1 Tablespoon Red Wine Vinegar
- ¼ Teaspoon Crushed Red Pepper Flakes

Makes 2 Servings

About 580 Calories Per Serving

Prep Time: 10 min | Cook Time: 25 to 35 min



1



Cook & peel the eggs:

Heat a medium pot of salted water to boiling on high. Once boiling, carefully add the **eggs** and cook for exactly 6 minutes. Drain thoroughly and rinse under cold water for 30 seconds to stop the cooking process. When cool enough to handle, carefully peel the cooked eggs; season with salt and pepper. Rinse and wipe out the pot.

2



Prepare the ingredients:

While the eggs cook, wash and dry the fresh produce. Heat a second medium pot of salted water to boiling on high. Cut off and discard the bottom inch of the broccolini stalks; halve the stalks crosswise. Peel and small dice the onion. Crumble the goat cheese. Peel and mince the garlic.

3



Blanch the broccolini:

Add the **broccolini** to the second pot of boiling water and cook 3 to 5 minutes, or until the stalks are tender when pierced with a knife. Drain thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. Rinse and wipe out the pot.

4



Make the onion jam:

While the broccolini cooks, in the pot used to cook the eggs, combine the **onion** and $\frac{3}{4}$ **cup of water**; season with salt and pepper. Heat to boiling on high. Once boiling, cook, stirring occasionally, 8 to 10 minutes, or until the water has evaporated. Add the **honey** and **vinegar**. Reduce the heat to medium-high and cook, stirring occasionally, 2 to 4 minutes, or until the liquid has thickened; season with salt and pepper to taste. Transfer to a bowl. Carefully rinse and wipe out the pot.

5



Cook the polenta:

While the onion jam cooks, in the pot used to cook the broccolini, combine **3 cups of water** and a **big pinch of salt**. Heat to boiling on high. Once boiling, slowly add the **polenta**, whisking to break up any clumps. Reduce the heat to low and simmer 10 to 12 minutes, or until thickened and tender. (If the polenta seems too thick, add up to $\frac{1}{4}$ cup of water to achieve your desired consistency.) Remove from heat and whisk in the **goat cheese** until thoroughly combined; season with salt and pepper to taste. Set aside in a warm place.

6



Finish the broccolini & serve your dish:

In the pot used to make the onion jam, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **blanched broccolini** and **almonds**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until warmed through; season with salt and pepper to taste. Divide the **cooked polenta** between 2 dishes. Top with the finished broccolini, **onion jam** and **peeled eggs**. Enjoy!