

Warm Sunchoke & Mustard Green Salad

with Fried Eggs, Pecorino Cheese & Homemade Croutons

Who needs lettuce? In this hearty, seasonal salad you'll be using peppery mustard greens as the base. We're sautéing them lightly to bring out their flavor and combining them with homemade croutons, a zesty vinaigrette, toasted sunflower seeds and Pecorino cheese—all topped with a fried egg! Pecorino, a delicious sheep's milk cheese, has a unique flavor combination (mildly sweet with a tang of salt). It brings the earthy flavors of this dish together.



Ingredients

- 1 Demi Baguette
- 2 Farm Eggs
- 1 Bunch Mustard Greens
- 1 Lemon
- 1 Red Onion
- $\frac{3}{4}$ Pound Sunchokes
- 1 Bunch Mint

Knick Knacks

- 3 Tablespoons Butter
- 2 Tablespoons Sunflower Seeds
- 1 Tablespoon Whole Grain Mustard
- 1 Ounce Pecorino Cheese

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes



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Recipe #501

1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Cube the baguette. Peel and medium dice the sunchokes. Separate the stems and leaves of the mustard greens; discard the stems. Peel and slice the onion into wedges. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Pick the mint leaves off the stems; discard the stems. Using a fork or paring knife, break the Pecorino cheese into small pieces.

2



Roast the sunchokes:

Place the **sunchokes** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in a single, even layer and roast 23 to 25 minutes, or until tender and lightly browned. Remove from the oven and set aside in a warm place.

3



Make the croutons:

While the sunchokes roast, place the **bread cubes** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in a single, even layer and toast in the oven, stirring halfway through, 7 to 9 minutes, or until golden brown and crunchy. Remove from the oven and set aside.

4



Cook the onion & mustard greens:

While the croutons toast, in a large pan (nonstick, if you have one), melt **half the butter** on medium heat. Add the **onion** and season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until softened. Add the **mustard greens** and **¼ cup of water**. Cook, stirring occasionally, 3 to 5 minutes, or until wilted. Transfer to a large bowl and set aside in a warm place.

5



Cook the eggs:

In the same pan used to cook the onion and mustard greens, heat the **remaining butter** on medium until hot. Crack the **eggs** into the pan; season with salt and pepper. Cook 1 to 3 minutes, or until the whites are cooked, but the yolks are still runny (or until they reach your desired degree of doneness); season with salt and pepper. Remove from heat.

6



Finish & plate your dish:

Add the **roasted sunchokes**, **lemon zest**, **Pecorino cheese**, **sunflower seeds**, **croutons** and **all but a pinch of the mint** to the bowl of cooked onion and mustard greens. Add the **mustard**, **the juice of all 4 lemon wedges** and a drizzle of olive oil. Toss to thoroughly coat; season with salt and pepper to taste. Divide the **salad** between 2 plates and top each with a **fried egg**. Garnish with the **remaining mint** (finely chopping before adding). Enjoy!