

# Knife & Fork Grilled Cheese

Imagine your favorite grilled cheese on steroids. We're starting with a gouda and provolone grilled cheese made with tender, flavorful whole-grain panini bread. But it's the fried egg-in-a-hole, roasted beets, butternut squash, kale and honey aioli that make it really special. It's messy, satisfying, and over-the-moon delicious.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

- 2 Rimmed Baking Sheets
- Large Skillet
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- 2 Eggs (1/serving)

### 5 MEEZ CONTAINERS

- Beets & Butternut Squash
- Kale
- Honey Aioli
- Whole-Grain Panini Bread
- Smoked Gouda & Provolone

## Make The Meal Your Own

**If you'd like to speed up dinner**, roast the beets and parsnips ahead of time. Dinner will be on the table in 15 minutes.

## Good To Know

**Health snapshot per serving** – 685 Calories, 36 Protein, 33g Fat, 63g Carbs, 20 Freestyle Points

**Lightened-Up Health snapshot per serving** – 565 Calories, 30g Fat, 42g Carbs, 16 Freestyle Points by using half the bread and eating as an open-faced sandwich with egg on top of the cheese.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Whole-Grain Panini Bread, Kale, Beets, Butternut Squash, Gouda, Provolone, Garlic, Mayonnaise, Red Wine Vinegar, Honey, Thyme, Mustard, Black Pepper.

*meez* meals

### 1. Roast the Beets & Butternut Squash

Preheat your oven to 400. Arrange the **Beets & Butternut Squash** on a rimmed baking sheet in a single layer and drizzle with olive oil, salt, and pepper. Roast until golden in places, about 15 to 20 minutes, stirring once about halfway through.

### 2. Roast the Kale

While the veggies are cooking, arrange the **Kale** on a rimmed baking sheet, and drizzle with olive oil, salt, and pepper. When the beets and squash are about halfway through their cooking time, put the kale in the oven and bake until slightly crispy, 7 to 10 minutes.

Once all the veggies are finished cooking, transfer them to a large mixing bowl and add the **Honey Aioli**. Mix well, then set aside until step 4.

### 3. Grill the Bread

While the veggies are cooking, heat 1 Tbsp olive oil in a large skillet over medium heat. Place two of the **Whole-Grain Panini Bread** slices in the pan and cook until the bread starts to brown, about 2 minutes. Flip the bread over and repeat for the other side. Transfer the grilled bread to one of the now-empty baking sheets. Wipe out the skillet.

### 4. Build the Bottom of the Sandwich

Divide the **Smoked Gouda & Provolone** into four portions. Spread one of the portions evenly over one of the bread slices. Then spread the veggies over the cheese and top with another portion, then leave uncovered. Repeat for the other grilled bread slice to make the base of the other sandwich. Bake until the cheese is bubbly and melted, about 5 minutes. Transfer directly to serving plates.

### 5. Make An Egg-In-A-Hole To Top the Sandwich

While the bottom section of the sandwich is cooking, return the now empty skillet to the stove over medium high heat with 1 Tbsp of olive oil. Use a cookie cutter (or bottom of a glass) to create a hole about 2 inches in diameter in each of the two remaining bread slices.

When the oil is hot, place the bread in the skillet and then break an egg directly into each hole. Sprinkle with salt and pepper and cook until the egg has set and turns golden, about 2 minutes. Flip the bread and egg over and cook the other side until egg is over medium, an additional 2 minutes.

### 6. Put it All Together

Place the Egg-In-a-Hole bread on top of the bottom part of the sandwich and use a fork and knife to enjoy!

*Time is  
for eggs  
to be  
over-  
medium.  
Cook  
less for  
a runnier  
yolk or  
longer  
for  
firmer.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**