



SEP
2016

Cheesy Polenta Cakes

with Kale Mushroom Hash and Eggs

Polenta is a versatile cornmeal-based staple of northern Italy. In this recipe, our chefs managed to make it both crispy and creamy by searing the precooked rounds before topping them with Gruyère cheese to melt in the oven. To make it a meal, we added a colorful veggie hash and a picture-perfect egg sunny-side up.



Prep: 10 min
Total: 35 min



level 1



veggie



nut free



gluten free



Polenta



Button
Mushrooms



Tuscan
Kale



Scallions



Eggs



Garlic



Gruyère
Cheese



Hot Smoked
Paprika

Ingredients

	2 People	4 People
Polenta	1 unit	1 unit
Button Mushrooms	4 oz	8 oz
Tuscan Kale	4 oz	8 oz
Scallions	2	4
Garlic	2 Cloves	4 Cloves
Gruyère Cheese	1) ½ Cup	1 Cup
Hot Smoked Paprika 	1 t	1 t
Eggs	2) 2	4
Olive Oil*	2 T + 2 t	4 T + 4 t

*Not Included

Allergens

1) Milk

2) Eggs

Tools

Large nonstick pan,
Baking sheet

Nutrition per person Calories: 551 cal | Fat: 33 g | Sat. Fat: 10 g | Protein: 22 g | Carbs: 44 g | Sugar: 5 g | Sodium: 931 mg | Fiber: 6 g

1



2



3



4



1 Prep: Wash and dry all produce. Preheat the oven to 200 degrees. Thinly slice the **mushrooms**. Remove and discard the **kale** ribs and stems. Roughly chop the **leaves**. Thinly slice the **scallion greens** and **whites**. Mince the **garlic**. Slice half the **polenta** into ½-inch rounds. (Use the rest another day.)

2 Make the polenta cakes: Heat a ¼-inch layer of **olive oil** in a large nonstick pan over medium-high heat. Once hot, add the **polenta rounds**. Cook 3-4 minutes per side, until golden brown and slightly crispy. (**HINT:** You may need to work in batches, depending on the size of your pan.) Set aside the cooked **polenta** on a baking sheet. Sprinkle with **Gruyère cheese**, and transfer to the oven to warm.

3 Make the hash: Discard all but a thin layer of **olive oil** from the pan before heating over medium-high heat. Add the **mushrooms**. Cook, tossing, for 3-4 minutes, until soft and golden brown. Add the **scallions** and **garlic**. Cook another 1-2 minutes, until fragrant. Add the **kale** and a splash of **water**. Cook, tossing, for 3-4 minutes, until very tender. Season generously with **salt** and **pepper**. Remove from the pan and set aside, covered to keep warm.

4 Fry the eggs: Heat a large drizzle of **olive oil** in the same pan over medium heat. Once hot, crack the **eggs** into the pan, and fry until the edges begin to turn golden brown. Reduce heat to low. Cover the pan for another minute, until whites are set but yolks are still runny. (**TIP:** Add a few teaspoons of water to the pan before covering to steam the eggs and speed up the cooking.) Season with **salt** and **pepper**.

5 Finish: Plate the **cheesy polenta cakes**. Top with the **kale mushroom hash**, **eggs**, and a sprinkle of **hot smoked paprika**. Enjoy!

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