



Cooking Made Easy

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Crispy Polenta Cakes

with Sautéed Spinach & Goat Cheese



Mushrooms and garlic are a match made in heaven. Layer roasted zucchini, tangy tomato sauce, and crispy polenta, then serve over garlicky sautéed spinach to round out this colorful Italian feast.



40 min



level 1



veggie



Polenta



Goat Cheese



Mixed Olives



Spinach



Zucchini



Crushed Tomatoes



Onion



Dried Oregano



Garlic



Walnuts

Ingredients	2 People	4 People
Polenta	1 tube	2 tubes
Goat Cheese	2 oz	4 oz
Mixed Olives	1 oz	2 oz
Spinach	8 oz	16 oz
Zucchini	1	2
Crushed Tomatoes	1 can	2 cans
Onion	1	2
Dried Oregano	1 t	2 t
Garlic	2 cloves	4 cloves
Walnuts	2 oz	4 oz
Olive Oil*	1 ½ T	3 T

*Not included

Allergens

7) Milk

8) Nuts

Ruler



Nutrition per person Calories: 687 cal | Carbs: 61g | Fat: 40g | Protein: 22g | Fiber: 11g



1 Preheat oven to 400 degrees. Slice **half the polenta** into ½-inch thick rounds. Place them on an oiled baking sheet and season with **salt** and **pepper**. Bake for 30 minutes, until crispy.



2 Meanwhile, thinly slice the **zucchini**. Thinly slice the **garlic**. Halve, peel, and finely chop the **onion**. Coarsely chop the **olives**.



3 Toss the **zucchini** with ½ tablespoon **olive oil** and a pinch of **salt** and **pepper**. Spread them out on another baking sheet and roast for 10 minutes, until softened.



4 While the zucchini roasts, heat ½ tablespoon **olive oil** in a pan over medium heat. Add the **onion** and season with **salt** and **pepper**. Cook for about 5 minutes, until softened.

5 Add the **crushed tomatoes** and **oregano** to the pan with the onions. Simmer for about 5 minutes, until sauce has slightly thickened. Season with **salt** and **pepper**.

6 In another pan, heat ½ tablespoon **olive oil**. Add the **garlic** and **spinach** and season with **salt** and **pepper**. Cook, tossing, for about 2 minutes, until just wilted.

7 Serve the **sautéed spinach** with **polenta cakes** and **roasted zucchini** on top. Spoon over some **tomato sauce** and sprinkle with **goat cheese**, **walnuts**, and **olives**.

Tip Unsure of what to do with that extra polenta? Slice it and then roast or fry for breakfast. It's great topped with a poached egg and fresh herbs!