

Stuffed Honeynut Squash

with Ground Chicken & Arugula Salad



40-50min



2 Servings

What we send

- 1 honeynut squash
- 1 shallot
- 1 apple
- 2 mini French rolls ¹
- ½ lb uncased Italian chicken sausage
- ¼ oz poultry seasoning
- 1 oz pecans ¹⁵
- 3 oz arugula
- 1 oz dried cranberries
- 1 oz blue cheese crumbles ⁷

What you need

- olive oil
- kosher salt & ground pepper
- large egg ³
- red wine vinegar (or apple cider vinegar) ¹⁷

Tools

- rimmed baking sheet
- medium skillet
- small skillet

Allergens

Wheat (1), Egg (3), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 812kcal, Fat 47g, Carbs 64g, Protein 43g

1. Roast squash

Preheat oven to 450°F with a rack in the center. Line a rimmed baking sheet with foil.

Halve **squash**, then scoop out and discard seeds. Transfer to prepared baking sheet. Rub all over with **oil** and season with **salt** and **pepper**. Roast, cut sides down, on center oven rack until flesh is fork tender and skin is golden brown around the edges, about 30 minutes

4. Stuff squash & bake

To skillet with **sausage mixture**, stir in **1 large egg**, **¾ cup water**, **bread**, and chopped squash. **Fill __squash** with **stuffing mixture**. Bake until stuffing is heated through and bread is golden brown and crisp around the edges, about 15-20 minutes.

2. Prep ingredients

Thinly slice half of the **shallot**; finely chop remaining. Chop **apple** into ¼-inch pieces. Tear **bread** into ½-inch cubes.

Once **squash** is cool enough to handle, carefully flip and scoop out flesh, leaving ¼-inch border; coarsely chop flesh.

5. Toast pecans

While **squash** roasts, coarsely chop **pecans**. Heat **1 teaspoon oil** in a small skillet over medium-high heat. Add pecans and cook, stirring, until lightly browned, 2-3 minutes. Transfer to a plate and sprinkle with **salt**.

3. Cook stuffing

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chopped shallots** and **sausage**; season with **salt** and **pepper**. Cook, breaking meat up into smaller pieces, until browned and cooked through, about 5 minutes. Add **apples** and **poultry seasoning**; cook, stirring, until apple is softened, 3-4 minutes. Season to taste with **salt** and **pepper**.

6. Make salad & serve

In a large bowl, stir to combine **sliced shallots**, **1 teaspoon vinegar** and **1 tablespoon oil**. Season to taste with **salt** and **pepper**. Add **arugula**, **cranberries**, **toasted pecans**, and **blue cheese**; toss to combine.

Serve **stuffed squash** with **arugula salad** alongside. Enjoy!