

# MARLEY SPOON



## Peak Season! Chicken-Stuffed Honeynut Squash

with Apples & Pecan-Blue Cheese Arugula Salad



40-50min



2 Servings

Seasonal favorite honeynut squash is like a mini butternut but sweeter and more vibrant. Sourced from Ark Foods, our honeynut squash is grown in upstate NY and non-GMO certified. Chicken sausage, apples, and shallots flavor the stuffing which bakes in the honeynut shell for an impressive presentation. An arugula salad with cranberries, blue cheese, and toasted pecans holds its own in this autumnal feast.



## What we send

- 1 honeynut squash
- 1 shallot
- 1 apple
- 2 mini French rolls<sup>3</sup>
- ½ lb uncased Italian chicken sausage
- ¼ oz mushroom seasoning
- 1 oz pecans<sup>4</sup>
- 3 oz arugula
- 1 oz dried cranberries
- 1 oz blue cheese crumbles<sup>1</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- butter<sup>1</sup>
- 1 large egg<sup>2</sup>
- red wine vinegar (or apple cider vinegar)

## Tools

- rimmed baking sheet
- medium skillet
- small baking dish (optional)
- small skillet

## Cooking tip

It's peak season for honeynut squash and apples, which means they're at their most delicious!

## Allergens

Milk (1), Egg (2), Wheat (3), Tree Nuts (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 920kcal, Fat 49g, Carbs 81g, Protein 43g



### 1. Roast squash

Preheat oven to 425°F with a rack in the center. Line a rimmed baking sheet with foil.

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



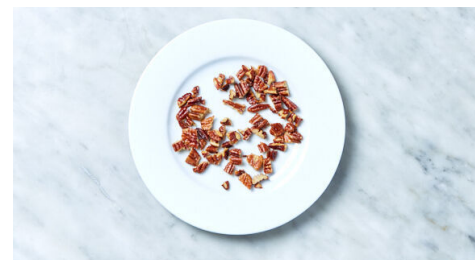
### 4. Stuff squash & bake

Off heat, stir in **bread**, **scooped-out squash**, **1 large egg**, and **¾ cup water**. Spoon **stuffing** into **squash shells**. Bake on center oven rack until stuffing is heated through and browned on top, about 30 minutes. (Bake any extra stuffing in a small baking dish on the side.)



### 2. Prep ingredients

While **squash** roasts, finely chop **shallot**. Quarter **apple**, discard core, and cut into ¼-inch pieces. Once squash is cool enough to handle, carefully scoop out flesh, leaving a ¼-inch border. Tear **rolls** into bite-size pieces.



### 5. Toast pecans

While the **stuffed squash** bake, coarsely chop **pecans**. Heat **1 teaspoon oil** in a small skillet over medium-high. Add pecans and stir, until fragrant and lightly toasted, 2-3 minutes. Transfer to a plate and sprinkle with **salt**.



### 3. Cook stuffing

Heat **2 tablespoons butter** in a medium skillet over medium-high. Add **shallots** and **apples**; cook until softened, about 5 minutes. Add **chicken sausage**; cook, breaking meat up into smaller pieces, until browned and cooked through, about 5 minutes. Add **1½ teaspoons mushroom seasoning**; cook 1 minute more. Season to taste with **salt** and **pepper**.



### 6. Make salad & serve

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

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