



Seared Chicken with Honeynut Squash Salad

Blue Cheese, Dried Cranberries, & Dijon



30-40min



2 Servings

Honeynut squash season is upon us, and that means it's our personal mission to enjoy it in as many ways as possible. Here, we roast the sweeter, tinier butternut cousin and toss it into a salad with spinach, blue cheese, and dried cranberries. Shallots and Dijon bring out the best in each other (and everything they meet) in a simple homemade dressing, while seared chicken takes its place atop it all.

What we send

- 1 honeynut squash
- 1 shallot
- 12 oz pkg boneless, skinless chicken breasts
- 5 oz baby spinach
- 1 oz dried cranberries
- 1 oz blue cheese crumbles ⁷
- 1 (¼ oz) Dijon mustard

What you need

- neutral oil
- kosher salt & ground pepper
- ⅓ cup olive oil
- white wine vinegar (or apple cider vinegar) ¹⁷
- sugar

Tools

- rimmed baking sheet
- parchment paper
- medium skillet

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 850kcal, Fat 56g, Carbs 46g, Protein 46g



1. Prep squash

Preheat oven to 450°F with a rack in the center. Halve **squash**; scoop out seeds and discard. Cut crosswise into ½-inch thick half moons. In a large bowl, toss with **2 tablespoons neutral oil**; season with **salt** and **pepper**.



4. Cook chicken

Pat **chicken** dry; season all over with **salt** and **pepper**. Heat **1 tablespoon neutral oil** in a medium skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3-4 minutes per side. Transfer to a cutting board to rest, 5 minutes.



2. Roast squash

Transfer **squash** to a parchment-lined rimmed baking sheet. Roast on center rack until pieces are browned on bottom and tender, 25-30 minutes.

Wipe out bowl and reserve for next step.



5. Mix salad

To bowl with **dressing**, add **roasted squash**, **spinach**, **dried cranberries**, and **blue cheese**; toss well to coat. Season to taste with **salt** and **pepper**.



3. Make dressing

Finely chop **shallot**. In reserved bowl, whisk together **shallot**, **mustard**, **2 tablespoons vinegar**, and **1 tablespoon sugar**. Gradually whisk in **⅓ cup olive oil**; season to taste with **salt** and **pepper**.



6. Serve

Slice **chicken**, if desired. Serve on top of, or alongside, **honeynut squash**, **blue cheese**, and **dried cranberry salad**. Enjoy!