



Peak Season! Honeynut Squash & Chicken Breast

with Italian Grains & Maple Vinaigrette



40-50min



2 Servings

Our honeynut squash, grown in upstate NY, is proudly sourced from Ark Foods and is non-GMO certified. We toss the honeynut squash in maple syrup and roast it with fennel until caramelized and tender. Lean chicken breast, toasted walnuts, and the roasted veggies combine with Italian 5-grain blend, spinach, and a maple vinaigrette. Don't forget the blue cheese and a squeeze of lemon to top it all off!

What we send

- 4 oz Italian 5-grain blend ¹
- 1 lemon
- 1 oz maple syrup
- 1 bulb fennel
- 1 honeynut squash
- ¼ oz Chinese five spice
- 1 oz walnuts ¹⁵
- 12 oz pkg boneless, skinless chicken breasts
- 5 oz baby spinach
- 1 oz blue cheese crumbles ⁷

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- 2 rimmed baking sheets
- medium skillet

Cooking tip

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

Allergens

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

Nutrition per serving

Calories 850kcal, Fat 38g, Carbs 80g, Protein 55g



1. Cook grains

Preheat oven to 425°F with racks in the center and lower third.

In a small saucepan, combine **5-grain blend**, **1 cup water**, and **½ teaspoon salt**. Cover and bring to a boil. Reduce heat to low and cook until water is absorbed, 15-17 minutes. Keep covered until ready to serve.



4. Roast squash & fennel

Roast on lower oven rack until browned, 15-20 minutes. Toss **squash** with **remaining maple syrup** and **½ teaspoon Chinese five spice**. Flip **fennel**.

Return to oven and roast until squash is caramelized and both veggies are tender, 5-7 minutes more.

Transfer **walnuts** to a second baking sheet in a single layer. Bake on center oven rack until toasted and fragrant, 5-7 minutes.



2. Make dressing

Juice **2 teaspoons lemon** into a small bowl. Add **2 tablespoons oil** and **1 teaspoon maple syrup**. Whisk to combine; season to taste with **salt** and **pepper**.

Cut remaining lemon into wedges.



3. Prep veggies

Halve **fennel** lengthwise. Remove and discard core, then cut into ½-inch thick wedges. Halve **squash** and scoop out seeds. Cut into ½-inch thick slices.

On a rimmed baking sheet, toss fennel and squash with **1 tablespoon oil** each, keeping separate. Season with **salt** and **pepper**.



5. Cook chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon 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.



6. Serve

Toss **spinach** with a **drizzle of oil**; season with **salt** and **pepper**. Top with **5-grain blend** and **roasted veggies**.

Serve **squash and grain salad** with **blue cheese**, **walnuts**, **maple vinaigrette**, and **lemon wedges**. Enjoy!