




## Honeynut Squash & Chicken Cutlet

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 peak season honeynut squash in maple syrup and roast it with fennel until caramelized and tender. Chicken cutlets and walnuts toast in the oven before combining 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 <sup>1</sup>
- 1 lemon
- 1 oz maple syrup
- 1 bulb fennel
- 1 honeynut squash
- ¼ oz Chinese five spice
- 1 oz walnuts <sup>15</sup>
- ½ lb pkg ready to heat chicken cutlet <sup>1,3</sup>
- 5 oz baby spinach
- 1 oz blue cheese crumbles <sup>7</sup>

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- small saucepan
- 2 rimmed baking sheets

## Allergens

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

## Nutrition per serving

Calories 950kcal, Fat 52g, Carbs 97g, Protein 33g



### 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.



### 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. Prep walnuts & cutlets

Transfer **walnuts** to 1 half of a second baking sheet in a single layer. To remaining half, add **chicken cutlets** in a single layer. Bake on center oven rack until nuts are toasted and fragrant and chicken is heated through, 5-7 minutes. Let cool slightly and coarsely chop nuts.



### 6. Serve

Toss **spinach** with **a drizzle of oil**; season with **salt** and **pepper**. Top with **5-grain blend** and **roasted veggies**. Cut **chicken** into 1-inch slices.

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