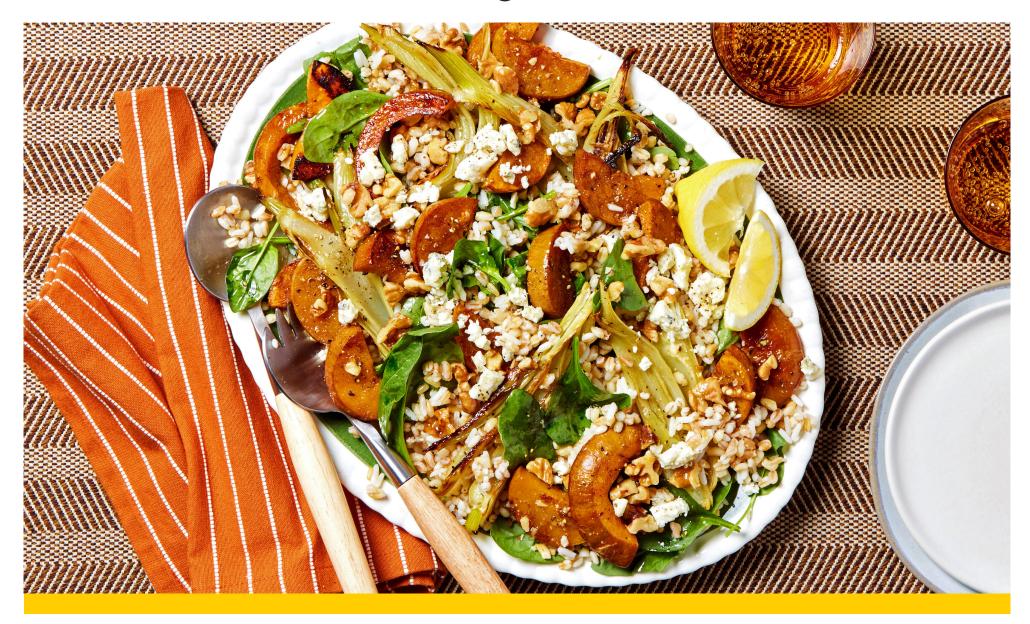
MARLEY SPOON



Honeynut Squash & Chicken Cutlet

with Italian Grains & Maple Vinaigrette





Our honeynut squash, grown in upstate NY, is proudly sourced from Ark Foods and is non-GMO certified. We toss peak season honeyout 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 farro 1
- 1 lemon
- 1 oz maple syrup
- 1 bulb fennel
- 1 honeynut squash
- 1/4 oz Chinese five spice
- 1 oz walnuts 15
- ½ lb pkg ready to heat chicken cutlets 1,3,7
- 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

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.



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**.



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.



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!