



Roasted Squash & Chicken Breast Salad

with Spinach, Farro & Maple Vinaigrette



40-50min



2 Servings

Tender, sweet, and ready for autumn, this squash-forward salad is a true showstopper. We toss the squash in maple syrup and roast it with fennel till caramelized and tender while walnuts toast in the oven and lean chicken breasts sizzle on the stove. Toss it all up with farro, spinach, and a maple vinaigrette—just don't forget the feta cheese and a squeeze of lemon to top it all off!

What we send

- 4 oz farro ³
- 1 lemon
- 1 oz maple syrup
- 1 bulb fennel
- 1 baby squash
- ¼ oz Chinese five spice
- 1 oz walnuts ²
- 12 oz pkg boneless, skinless chicken breasts
- 5 oz baby spinach
- 2 oz feta ¹

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- 2 rimmed baking sheets
- medium skillet

Allergens

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

Nutrition per serving

Calories 870kcal, Fat 40g, Carbs 75g, Protein 58g



1. Cook farro

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

Bring a medium saucepan of **salted water** to a boil. Add **farro** and cook until tender, 18-20 minutes. Drain well; cover to keep warm off heat 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 **farro** and **roasted veggies**.

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