

DNU - Spiced Honeynut Squash Salad

with Blue Cheese



40-50min



2 Servings

What we send

- 3 oz baby spinach
- 1 oz maple syrup
- 1 lemon
- 1 oz walnuts ¹⁵
- 1 oz blue cheese crumbles ⁷
- 1 delicata squash
- 4 oz Italian 5-grain blend ¹
- ¼ oz Chinese five spice
- 1 bulb fennel

What you need

- kosher salt & ground pepper
- 4 tablespoons olive oil

Tools

- 2 rimmed baking sheets
- medium saucepan

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 0kcal

1. Cook grains

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

In a small saucepan, combine 5 grain blend, 1 cup water, and ½ teaspoon salt. Cover, 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 veggies

Roast veggies on lower oven rack until browned, 15-20 minutes. Remove from oven and toss squash with remaining maple syrup and ½ teaspoon of the Chinese five spice. Flip fennel. Return to oven and roast until squash is caramelized and veggies are tender, 5-7 minutes more.

2. Make dressing

Juice 2 teaspoons lemon into a small bowl, cut remaining into wedges or save for own use. Add 2 tablespoons oil and 1 teaspoon of the maples syrup. Whisk to combine and season to taste with salt and pepper.

5. Toast nuts

Transfer walnuts to another sheet tray in a single layer. Bake on center oven rack until toasted and fragrant, 5-7 minutes. Let cool and then coarsely chop.

3. Prep veggies

Halve **fennel** lengthwise, remove and discard core, cut into ½-inch thick wedges. Cut honey nut squash in half and scoop out seeds. Cut into ½-inch thick slices. Toss fennel with 1 tablespoon oil and season with salt and pepper, place on one side of sheet tray. Toss squash with 1 tablespoon oil and season with salt and pepper, place on other side of sheet tray.

6. Serve

Toss spinach with a drizzle of oil and season with salt and pepper. Transfer to serving platter. Top with 5 grain blend, and roasted veggies. Garnish with blue cheese and walnuts. Drizzle lemon maple vinaigrette over the top. Enjoy!