



### In your box

- 2 Garlic Cloves
- 2 oz. Kale
- 8 oz. Cubed Butternut Squash
- 6 tsp. Mirepoix Broth Concentrate
- 3 oz. Light Cream Cheese
- 2 oz. Grated Parmesan

### Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Impossible Burger
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 10 oz. Ground Pork

\*Contains: milk

### You will need

- Olive Oil, Salt, Pepper
- Medium Pot

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Classic Meal Kit



## Hearty Chicken Stew

with kale and butternut squash

NUTRITION per serving—Calories: 519, Carbohydrates: 22g, Sugar: 6g, Fiber: 1g, Protein: 52g, Sodium: 1649mg, Fat: 24g, Saturated Fat: 9g  
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

**35-45 min.**

Cook Within

**5 days**

Difficulty Level

**Intermediate**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry

### Customize It Instructions

- If using **whole chicken breasts**, pat dry and, on a separate cutting board, cut into 1" dice and season with a pinch of salt and pepper. Follow same instructions as diced chicken, cooking until chicken reaches minimum internal temperature.
- If using **ground pork**, follow same instructions as chicken in Step 2, breaking up meat until no pink remains and pork reaches minimum internal temperature, 5-7 minutes.
- If using **Impossible burger**, follow same instructions as chicken in Step 2, breaking up Impossible burger into small pieces and cooking until heated through, 4-6 minutes.



### 1. Prepare the Ingredients

- Stem **kale** and coarsely chop.
- Mince **garlic**.
- Pat **diced chicken** dry, and season all over with a pinch of **salt** and **pepper**.



### 2. Cook the Chicken Mixture

- Place a medium pot over medium-high heat and add 2 tsp. **olive oil**.
- Add **diced chicken** to hot pot. Stir occasionally until chicken is lightly browned and reaches a minimum internal temperature of 165 degrees, 4-6 minutes.
- Stir in  $\frac{3}{4}$  cup water and **cream cheese** until smooth.
- Remove chicken mixture to a bowl. Reserve pot; no need to wipe clean.



### 3. Start the Stew

- Return pot used to cook chicken to medium heat and add 1 tsp. **olive oil**.
- Add **garlic** and stir constantly until aromatic, 30-60 seconds.
- Add **butternut squash**, 1 cup **water**, **mirepoix base**, and a pinch of **salt** and **pepper**. Increase heat to medium-high and bring to a boil.
- Once boiling, cover and cook until squash is tender, 7-10 minutes.



### 4. Finish the Stew

- Add **kale** to hot pot. Cover, and cook until wilted, 2-4 minutes.
- Stir in **chicken mixture**. Return to a boil.
- Once boiling, remove from burner. Stir in **Parmesan**.



### 5. Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!