



In your box

- 1 oz. Walnut Halves
- .6 oz. Butter
- 2 Tbsp. Fig Preserves
- 2 Garlic Cloves
- 1 Shallot
- 1 oz. Blue Cheese
- 4 tsp. Mirepoix Base
- ¾ cup Arborio Rice
- 12 oz. Cubed Butternut Squash

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon
- *Contains: milk, tree nuts (walnuts)

You will need

- Olive Oil, Salt, Pepper
- Medium Pot, Small Pot, Medium Oven-Safe Non-Stick Pan



Butternut Squash, Fig and Blue Cheese Risotto

with walnuts

NUTRITION per serving—Calories: 734, Carbohydrates: 101g, Fat: 32g, Protein: 14g, Sodium: 1303mg.

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

40-50 min.

Cook Within

7 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **425 degrees**
- Bring 4 cups **water** to a boil in a small pot

Customize It Instructions

- Meat lovers! If using proteins, cook in a medium non-stick pan with 2 tsp. **olive oil**. If using **chicken**, pat dry and season both sides with a pinch of **salt** and **pepper**. Cook over medium heat until chicken reaches minimum internal temperature, 5-7 minutes per side. If using **filets mignon**, pat dry and season both sides with a pinch of salt and pepper. Cook over medium-high heat until filets reach a minimum internal temperature of 145 degrees, 5-8 minutes per side. Add to risotto as desired, or serve on the side.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Peel and halve **shallot**. Cut into ¼" slices.
- Mince **garlic**.



2

Roast the Butternut Squash

- Halve any large **butternut squash** pieces to roughly match smaller pieces.
- Place a medium oven-safe non-stick pan over medium-high heat and add 1 Tbsp. **olive oil**. Add butternut squash and **shallot** to hot pan. Stir often until lightly browned, 3-4 minutes.
- Season with ¼ tsp. **salt** and a pinch of **pepper**. Place pan in hot oven and roast until tender, 8-12 minutes.
- Carefully, remove from oven and gently stir in **fig preserves**. *Be careful! Handle will be hot.*
- While squash cooks, start risotto.



3

Start the Risotto

- Place a medium pot over medium-high heat and add 2 tsp. **olive oil**.
- Add **rice** to hot pot and stir occasionally until rice is toasted and opaque, 1-2 minutes.
- Add **garlic** and stir constantly until aromatic, 30-60 seconds.



4

Finish the Risotto

- Add 1 cup boiling **water** from small pot and **mirepoix base** to pot with rice. *Rice should just be covered by water.* Stir often until nearly all water is absorbed.
- Add ½ cup boiling water from small pot and stir often until nearly all water is absorbed. Repeat this process, stirring often, 18-20 minutes.
- Taste *risotto* as you cook, checking for tenderness. *When rice has no more "bite" or crunch, it's done. There may be water left.*
- Remove from burner. Stir in **butter**, ½ tsp. **salt**, and a pinch of **pepper**.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **risotto** with **butternut squash**, **walnuts**, and **blue cheese** (to taste). Bon appétit!