



In your box

- 4 oz. Alfredo Sauce
- 8 oz. Cubed Butternut Squash
- 2 tsp. Mirepoix Broth Concentrate
- 6 oz. Fully Cooked Orzo
- 2 oz. Sour Cream
- ½ oz. Shredded Parmesan Cheese
- ½ oz. Crispy Fried Onions
- ¼ tsp. Red Pepper Flakes

Customize It Options

- 8 oz. Shrimp
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 4 Beyond Sausage Links
- 8 oz. Italian Pork Sausage Links
- 16 oz. Double Portion-Shrimp

*Contains: milk, eggs, wheat

You will need

Olive Oil, Salt, Pepper, Cooking Spray

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Oven-Ready



Shrimp and Orzo Alfredo

with butternut squash

NUTRITION per serving—Calories: 642, Carbohydrates: 51g, Sugar: 7g, Fiber: 1g, Protein: 28g, Sodium: 1784mg, Fat: 36g, Saturated Fat: 15g
 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	Cook Within	Difficulty Level	Spice Level
45-55 min.	3 days	Easy	Mild

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 **16 oz. shrimp** follow same instructions.
- If using **Italian sausage**, remove from casing and crumble into small pieces. Follow same instructions as shrimp in Steps 2 and 3, baking until sausage reaches minimum internal temperature, 20-25 minutes.
- If using **Beyond Sausage**, remove from casing and crumble into small pieces. Follow same instructions as shrimp in Steps 2 and 3, baking until sausage is warmed through, 15-18 minutes.
- If using **diced chicken breasts**, in Step 1, bake **butternut squash** uncovered, 10 minutes. Follow same instructions as shrimp in Steps 2 and 3, baking uncovered until chicken reaches a minimum internal temperature, 20-25 minutes.



1. Bake the Butternut Squash

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry. Coat provided tray with **cooking spray**.
- Combine **butternut squash**, ¼ tsp. **salt**, 3 Tbsp. **water**, and 1 tsp. **olive oil** in provided tray.
- Bake uncovered in hot oven until squash begins to brown, 15-20 minutes.



2. Add the Shrimp

- Carefully remove from oven. Stir in **Alfredo sauce**, **orzo**, **mirepoix base**, and a pinch of **pepper** until combined.
- *If too dry, add 1 Tbsp. water. Tray will be hot! Use a utensil.*
- Pat **shrimp** dry. Add to tray in a single layer. Top shrimp with 1 tsp. **olive oil** and a pinch of **salt** and **pepper**.



3. Bake the Meal

- Bake uncovered in hot oven until **shrimp** reaches a minimum internal temperature of 145 degrees, 12-15 minutes.
- Carefully remove from oven. Stir in **sour cream** and a pinch of **salt** until combined. Garnish with **Parmesan**, **crispy onions**, and **red pepper flakes** (to taste). Bon appétit!