



In your box

- 4 oz. Alfredo Sauce
- 2 oz. Kale
- 1 oz. Shredded Asiago Cheese
- 8 oz. Cubed Butternut Squash
- 12 oz. Precooked Gnocchi
- 🔥 ¼ tsp. Red Pepper Flakes
- ½ tsp. Garlic Salt
- ½ oz. Crispy Fried Onions

Customize It Options

- 12 oz. Impossible Burger
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat

You will need

- Olive Oil, Pepper, Cooking Spray
- Baking Sheet, Large Non-Stick Pan

Minimum Internal Protein Temperature

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

Classic Meal Kit



Butternut Squash Alfredo Gnocchi

with kale and Asiago cheese

NUTRITION per serving—Calories: 646, Carbohydrates: 80g, Sugar: 5g, Fiber: 2g, Protein: 16g, Sodium: 1579mg, Fat: 30g, Saturated Fat: 12g
 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

25-35 min.

Cook Within

7 days

Difficulty Level

Easy

Spice Level

Mild

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **garlic salt**



Customize It Instructions

- Meat lovers! If using **whole chicken breasts**, pat dry and, on a separate cutting board, cut into 1" dice. Add to pan after **gnocchi** is removed, and cook until chicken reaches minimum internal temperature, 5-7 minutes. Remove to plate, and continue making **sauce**. Return chicken to pan with gnocchi in step 5. If using **Impossible burger**. Add burger to pan after **gnocchi** is removed, and break into smaller pieces until burger is heated through, 3-5 minutes. Remove to a plate and continue making the **sauce**. Return Impossible burger to pan with gnocchi in Step 5.

1. Roast the Butternut Squash

- Halve any large **butternut squash** pieces to roughly match smaller pieces.
- Place butternut squash on prepared baking sheet and toss with 2 tsp. **olive oil** and half the **garlic salt** (reserve remaining for sauce). Massage oil and seasoning into squash.
- Spread into a single layer and roast in hot oven until tender, 22-24 minutes, gently flipping once halfway through.
- While squash roasts, prepare kale.

2. Prepare the Kale

- Stem **kale** and coarsely chop.



3. Cook the Gnocchi

- Place a large non-stick pan over medium-high heat and add 1 Tbsp. **olive oil**.
- Add **gnocchi** to hot pan and stir occasionally until tender, 4-6 minutes.
- Transfer gnocchi to a plate. Keep pan over medium-high heat.



4. Start the Sauce

- Add **kale** to hot pan and stir occasionally until wilted, 1-2 minutes.
- Add **Alfredo sauce**, $\frac{1}{4}$ cup **water**, remaining **garlic salt**, and a pinch of **pepper**. Stir until combined, 30-60 seconds.



5. Finish Sauce and Finish Dish

- Add **gnocchi** and **butternut squash** to hot pan. Stir until warmed through and **sauce** coats gnocchi, 1-2 minutes.
- *If too thick, add additional water, 1 Tbsp. at a time, until desired consistency is reached.*
- Remove from burner. Add **red pepper flakes** (to taste).
- Plate dish as pictured on front of card, topping gnocchi with **Asiago** and **crispy onions**. Bon appétit!