



In your box

- 4 oz. Applesauce
- 1 oz. Roasted Sliced Almonds
- 1 oz. Goat Cheese
- 12 oz. Cubed Butternut Squash
- 1 oz. Butter
- 2 tsp. Ancho Cinnamon Rub

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 14 oz. Duroc Boneless Pork Chops

*Contains: milk, tree nuts (almonds)

You will need

Olive Oil, Salt

Medium Non-Stick Pan, Large Non-Stick Pan

Minimum Internal Protein Temperature

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

15 Minute Meal Kit



Apple Butter Chicken and Butternut Squash

with goat cheese and almonds

NUTRITION per serving—Calories: 617, Carbohydrates: 33g, Sugar: 11g, Fiber: 4g, Protein: 45g, Sodium: 1461mg, Fat: 35g, 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

15 min.

Cook Within

4 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
- Refrigerate **goat cheese** until ready to use



1. Cook the Chicken

- Pat **chicken breasts** dry, and season both sides with a pinch of **salt**.
- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add chicken breasts to hot pan. Cover, and cook until browned, 5-7 minutes.
- Flip chicken, and top with **seasoning rub**. Cover, and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Remove chicken to a plate and tent with foil. Wipe pan clean and reserve.
- While chicken cooks, cook butternut squash.



2. Cook the Butternut Squash

- Place a large non-stick pan over medium heat and add 1 Tbsp. **olive oil**.
- Add **butternut squash** and ¼ tsp. **salt** to hot pan. Cover, and stir often until tender and lightly browned, 12-14 minutes.

Customize It Instructions

- If using **pork chops** follow same instructions as chicken in Step 1, cooking until pork reaches minimum internal temperature.



3. Make the Sauce

- Return pan used to cook chicken to medium heat. Add **applesauce** to hot pan and stir until bubbling, 30-60 seconds.
- Remove from burner and stir in **butter**.



4. Finish the Dish

- Plate dish as pictured on front of card, placing **chicken** on **sauce** and garnishing **butternut squash** with **almonds** and **goat cheese** (crumbling with your hands, if needed). Bon appétit!