



In your box

- 12 oz. Cubed Butternut Squash
- 1 tsp. Cornstarch
- 1 Lemon
- 2 Tbsp. Italian Panko Blend
- 2 tsp. Basil Pesto
- 4 fl. oz. Cream Sauce Base
- 2 Green Onions
- 2 Garlic Cloves

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

Olive Oil, Salt, Pepper, Cooking Spray
 Medium Non-Stick Pan,
 Baking Sheet, 3 Mixing Bowls

Minimum Internal Protein Temperature

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

Classic Meal Kit



Lemon-Herb Chicken and Basil Pesto Cream

with garlic-green onion butternut squash

NUTRITION per serving—Calories: 572, Carbohydrates: 33g, Sugar: 7g, Fiber: 5g, Protein: 41g, Sodium: 1213mg, Fat: 29g, Saturated Fat: 10g
 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

50-60 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
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **green onions**

Customize It Instructions

- If using **salmon**, pat dry, and season flesh side with a pinch of **salt** and **pepper**. In Step 3, roast **butternut squash**, 8 minutes. Follow same instructions as chicken in Step 2, topping flesh side, then searing, panko-side down, until golden brown, 2-4 minutes. Roast until salmon reaches minimum internal temperature, 7-10 minutes.
- If using **sirloin**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as chicken in Step 2, topping one side then searing, panko-side down, until golden brown, 2-3 minutes. Roast in hot oven until sirloin reaches minimum internal temperature, 10-12 minutes. Rest, 3 minutes.



1. Roast the Garlic

- Halve **garlic**.
- Place garlic halves and 1 tsp. **olive oil** on a piece of foil and form a foil pouch around garlic.
- Place directly on oven rack, opening side up, and roast in hot oven until garlic is tender, 18-20 minutes.
- While garlic roasts, prepare ingredients.



2. Prepare the Ingredients

- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Zest **lemon**, halve lengthwise, and cut halves into wedges.
- In a mixing bowl, combine **cornstarch** and 1 tsp. **water**. Set aside.
- In another mixing bowl, combine **panko** and 1 tsp. **lemon zest**. Set aside.
- Pat **chicken** dry, and season both sides with a pinch of **pepper**.



3. Start the Butternut Squash

- Halve any large **butternut squash** pieces to roughly match smaller pieces.
- Place butternut squash and **white portions of green onions** on prepared baking sheet and toss with 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into squash.
- Spread into a single layer on one side. Roast in hot oven, 5 minutes.
- While butternut squash roasts, prepare chicken.



4. Finish the Chicken

- Stir **cornstarch mixture** to recombine. Top chicken evenly on one side with cornstarch mixture, then **panko-lemon zest mixture**, pressing gently to adhere.
- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add chicken to hot pan, panko side down. Cook undisturbed until golden brown, 2-3 minutes.
- Transfer chicken, panko side up, to empty side of baking sheet. Reserve pan; no need to wipe clean. Roast in hot oven until **squash** is tender and chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- While chicken cooks, make sauces.



5. Make Sauces and Finish Dish

- Carefully, open **garlic** pouch. Transfer garlic to another mixing bowl and mash until slightly chunky. Add 1 tsp. **olive oil**, **green onions**, and a pinch of **salt** and **pepper** and stir until combined. Add **butternut squash** and gently combine until coated.
- Return pan used to cook chicken to medium heat. Add **cream sauce**, **basil pesto**, and a pinch of pepper to hot pan and stir to combine. Bring to a simmer. Once simmering, cook until slightly thickened, 1-2 minutes.
- Remove from burner.
- Plate as pictured on front of card, placing **chicken** on basil cream sauce. Squeeze **lemon wedges** over to taste. Bon appétit!