



In your box

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

Customize It Options

- 12 oz. Impossible Burger
- 10 oz. USDA Choice Sliced Flank Steak
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Ground Chicken

*Contains: milk, tree nuts (walnuts)

You will need

- Olive Oil, Salt, Pepper
- Medium Pot, Small Pot,
- Medium Oven-Safe 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, Fig, and Blue Cheese Risotto

with walnuts

NUTRITION per serving—Calories: 750, Carbohydrates: 105g, Sugar: 19g, Fiber: 9g, Protein: 14g, Sodium: 1622mg, Fat: 33g, Saturated Fat: 9g
 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

All cook times are approximate based on testing.

- 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

- Meatlovers! If adding protein, cook with 1 tsp. **olive oil** in a large non-stick pan over medium-high heat. If using **Impossible burger**, break up burger until heated through, 4-6 minutes. If using **ground chicken**, break up chicken until no pink remains and chicken reaches minimum internal temperature, 7-9 minutes. If using **steak strips**, separate into a single layer and pat dry. Stir occasionally until no pink remains and steak reaches minimum internal temperature, 4-6 minutes. Rest, 3 minutes. If using **chicken breasts**, pat dry, and, on a separate cutting board, cut into 1" pieces. Stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes. Add to risotto as desired.



1. Prepare the Ingredients

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



2. Cook 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 spread**. *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** until combined.



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!