



### In your box

- ½ oz. Crispy Fried Onions
- 12 oz. Cubed Butternut Squash
- .14 oz. Lemon Juice
- 4 fl. oz. Cream Sauce Base
- 2 oz. Baby Spinach
- 1 oz. Garlic & Herb Cheese Spread

### Customize It Options

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

\*Contains: milk, wheat

### You will need

Olive Oil, Salt, Pepper

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Oven-Ready



## Chicken Rockefeller

with butternut squash and crispy onions

NUTRITION per serving—Calories: 558, Carbohydrates: 30g, Sugar: 6g, Fiber: 4g, Protein: 42g, Sodium: 1288mg, Fat: 30g, Saturated Fat: 14g  
 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

**5 days**

Difficulty Level

**Easy**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.



### 1. Bake the Butternut Squash

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Combine **butternut squash**, 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** in provided tray. Spread into a single layer.
- Bake uncovered in hot oven, 5 minutes.



### 2. Add the Chicken

- Carefully remove tray from oven. Push **butternut squash** to one side. *Tray will be hot! Use a utensil.*
- Place **spinach**, **cream base**, and **cheese spread** in empty side of tray. *Cheese spread will melt as meal bakes.*
- Pat **chicken** dry, and place on spinach. Season chicken with a pinch of **salt** and **pepper**.

### Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in steps 2 and 3, baking uncovered in hot oven until pork reaches minimum internal temperature, 22-24 minutes. Rest, 3 minutes.
- If using **sirloin**, follow same instructions as chicken in steps 2 and 3, baking uncovered in hot oven until steak reaches minimum internal temperature, 22-24 minutes. Rest, 3 minutes.



### 3. Bake the Meal

- Bake again uncovered until **chicken** reaches a minimum internal temperature of 165 degrees, 25-30 minutes.
- Carefully remove tray from oven. Remove chicken to a plate. Rest meal, 3 minutes.
- After 3 minutes, stir **lemon juice** into **spinach mixture** until combined. Top chicken with spinach mixture and **crispy onions**. Bon appétit!