



In your box

- 1 Red Onion
- 2 Naan Flatbreads
- ¼ oz. Cilantro
- 3 oz. BBQ Sauce
- 🔥 1 Tbsp. Chipotle Pesto
- 8 oz. Cubed Butternut Squash
- 2 oz. Sour Cream
- 2 oz. Shredded Cheddar Cheese
- 1 fl. oz. Red Wine Vinegar

Customize It Options

- 10 oz. USDA Choice Sliced Flank Steak
- 8 oz. Shrimp
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 12 oz. Impossible Burger

*Contains: milk, eggs, wheat

You will need

- Olive Oil
- Baking Sheet, Microwave-Safe Bowl, 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



BBQ and Butternut Squash Flatbread

with chipotle pesto and caramelized onions

NUTRITION per serving—Calories: 792, Carbohydrates: 104g, Sugar: 32g, Fiber: 4g, Protein: 22g, Sodium: 1499mg, Fat: 33g, Saturated Fat: 13g
 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

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

Customize It Instructions

- Meatlovers! If adding protein, season with a pinch of **salt** and **pepper** and 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 **diced chicken**, pat dry and stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes. If using **shrimp**, pat dry and cook undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches minimum internal temperature, 1-2 minutes. If using **flank steak**, 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. Add proteins to **flatbread** as desired.



1. Prepare the Ingredients

- Halve **butternut squash** cubes.
- Mince **cilantro** (no need to stem).
- Halve and peel **onion**. Slice halves into thin strips.



2. Cook the Butternut Squash

- In a microwave-safe bowl, combine 1 Tbsp. **olive oil**, **chipotle pesto**, and **butternut squash**. Microwave uncovered until softened, 6-8 minutes.
- Carefully, remove bowl from microwave. *Bowl may be hot! Use an oven mitt.* Set aside.
- While squash cooks, caramelize onion.



3. Caramelize the Onion

- Place a large non-stick pan over medium-high heat.
- Add 1 tsp. **olive oil** and **onion** to hot pan. Stir occasionally until browned, 10-13 minutes.
- *If too dry, add water, 1 Tbsp. at a time.*
- Add **red wine vinegar** and stir until dissolved, 30-60 seconds.
- Remove from burner.



4. Par-Bake the Flatbreads

- Place **flatbreads** directly on oven rack and bake in hot oven until lightly browned, 6-8 minutes.



5. Assemble and Bake the Flatbreads

- Carefully, place **flatbreads** on a clean work surface. Evenly spread **BBQ sauce** on flatbreads and top with **onion**, **butternut squash**, and **cheese**.
- Place flatbreads directly on oven rack with prepared baking sheet on rack below to catch any drips. Bake until cheese is melted, 5-7 minutes.
- Plate dish as pictured on front of card, garnishing flatbreads with **cilantro** and **sour cream**. Bon appétit!