



In your box

- 5 oz. Penne Pasta
- 8 oz. Cubed Butternut Squash
- ½ oz. Grated Parmesan
- 4 oz. Alfredo Sauce
- 1 oz. Goat Cheese
- 1 oz. Walnut Halves
- ½ oz. Baby Spinach
- 🌶️ 1 tsp. Cajun Seasoning
- 1 Ciabatta
- 2 Garlic Cloves

Customize It Options

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

*Contains: milk, eggs, wheat, tree nuts (walnuts)

You will need

Olive Oil, Salt, Cooking Spray

Colander, Baking Sheet, Medium Pot, Large Non-Stick Pan, Mixing Bowl

Minimum Internal Protein Temperature

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

Classic Meal Kit



Butternut Squash Alfredo Penne

with spicy walnuts and garlic bread

NUTRITION per serving—Calories: 830, Carbohydrates: 93g, Sugar: 7g, Fiber: 5g, Protein: 26g, Sodium: 1338mg, Fat: 41g, 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	Cook Within	Difficulty Level	Spice Level
30-40 min.	7 days	Easy	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**
- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **seasoning blend**

Customize It Instructions

- Meat lovers! 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 **diced chicken**, pat dry and stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes. If using **shrimp**, pat dry and cook undisturbed shrimp reach minimum internal temperature, 2-3 minutes per side. If using **Impossible burger**, break up burger until heated through, 4-6 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. Add to pasta as desired.



1. Start the Butternut Squash

- Halve any large **butternut squash** pieces to roughly match smaller pieces.
- Combine squash, half the **seasoning blend** (reserve remaining for walnuts), 2 tsp. **olive oil**, and ¼ tsp. **salt** in a mixing bowl until squash is coated.
- Transfer squash to prepared baking sheet and spread into a single layer on one half. Reserve bowl; no need to wipe clean.
- Roast in hot oven until mostly tender, 20-25 minutes.
- While squash roasts, cook pasta.



2. Start the Pasta

- Once **water** is boiling, add **pasta** and cook until al dente, 12-13 minutes.
- Reserve ½ cup **pasta cooking water**. Drain pasta in a colander and set aside.
- While pasta cooks, prepare ingredients.



3. Prepare the Ingredients

- Coarsely chop **spinach**.
- Coarsely chop **walnuts**.
- Mince **garlic**.
- In bowl used for butternut squash, combine walnuts, 1 tsp. **olive oil**, and remaining **seasoning blend**. Set aside.



4. Finish Butternut Squash and Make Garlic Bread

- Carefully place **ciabatta** in empty space on baking sheet, cut side up. Top ciabatta evenly with 2 tsp. **olive oil**, **garlic**, and **Parmesan**. *Baking sheet will be hot! Use an oven mitt.*
- Bake in hot oven until garlic bread is golden brown and **squash** is tender, 5-7 minutes.
- While garlic bread and butternut squash bake, finish pasta.



5. Finish Pasta and Finish Dish

- Place a large non-stick pan over medium heat. Add **pasta**, **Alfredo sauce**, and ¼ cup **pasta cooking water** to hot pan. Stir until sauce coats pasta, 1-2 minutes.
- Stir in **spinach** until wilted, 1-2 minutes.
- *If sauce is too thick, add additional pasta cooking water, 1 tsp. at a time, until desired consistency is reached.*
- Remove from burner.
- Plate dish as pictured on front of card, topping pasta with **butternut squash**, **goat cheese** (crumbling if necessary), and **walnuts**. Bon appétit!