



In your box

- 1 oz. Goat Cheese
- 8 oz. Cubed Butternut Squash
- 2 Green Onions
- 1 oz. Sour Cream
- 4 oz. Buttermilk Biscuit Mix
- 1 oz. Walnut Halves
- ½ fl. oz. Honey
- .6 oz. Butter
- 1 Smoked Maple Seasoning

Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

You will need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Non-Stick Pan, Baking Sheet, 2 Mixing Bowls

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

Culinary Collection



Goat Cheese-Topped Chicken Breast

with honey-walnut butter biscuits and butternut squash

NUTRITION per serving—Calories: 814, Carbohydrates: 56g, Sugar: 14g, Fiber: 2g, Protein: 46g, Sodium: 1713mg, Fat: 45g, Saturated Fat: 15g
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

30-40 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
- Move oven rack to **middle** position
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Set **butter** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **green onions, walnuts**



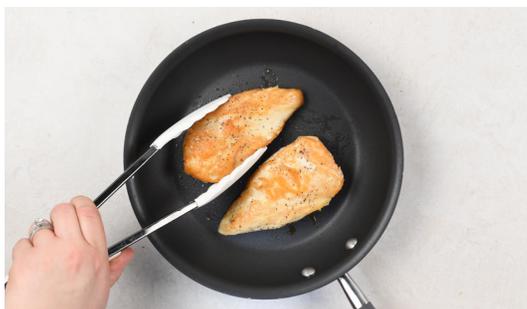
1. Prepare the Biscuits

- Trim and thinly slice **green onions**.
- Add **biscuit mix**, half the green onions (reserve remaining for garnishing chicken), **sour cream**, $\frac{1}{4}$ cup **water**, and a pinch of **pepper** to a mixing bowl. Mix until a sticky dough forms.
- Place four equally-sized balls of biscuit dough on one half of prepared baking sheet, 1" apart.



2. Bake the Biscuits and Butternut Squash

- Halve any large **butternut squash** pieces to roughly match smaller pieces.
- Place butternut squash on empty half of baking sheet and toss with 1 tsp. **olive oil**, **seasoning blend**, and a pinch of **pepper**. Massage oil and seasoning into squash. Spread into a single layer on their side.
- Bake in hot oven until **biscuits** are golden brown and squash begin to soften, 10-15 minutes.
- Carefully remove baking sheet from oven and remove biscuits from baking sheet. Bake squash again until tender, 13-15 minutes.
- While squash and biscuits bake, cook chicken.



3. Cook the Chicken

- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add chicken to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner. Remove chicken to a plate and tent with foil.
- While chicken cooks, make butter.



4. Make the Honey-Walnut Butter

- Coarsely chop half the **walnuts**. (Reserve remaining whole for garnish.)
- In another mixing bowl, combine chopped walnuts, softened **butter**, and **honey**. Set aside.



5. Finish the Dish

- *If desired, re-warm biscuits directly on oven rack, 2-3 minutes.*
- Plate dish as pictured on front of card, topping **chicken** with **goat cheese** (crumbling if needed) and remaining **green onions**. Top **biscuits** with **honey-walnut butter** and **butternut squash** with remaining **whole walnuts**. Bon appétit!