



# Butternut Squash Alfredo Gnocchi

WITH KALE AND ASIAGO CHEESE

Meal Kit



## Prep & Cook Time

25-35 MIN

## Cook Within

7 DAYS

## You Will Need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Large Non-Stick Pan

## Difficulty Level

EASY

## Spice Level

MILD

## 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.

## Ingredients

½ tsp. Garlic Pepper  
2 oz. Kale  
½ oz. Crispy Fried Onions  
¼ tsp. Red Pepper Flakes  
8 oz. Cubed Butternut Squash  
4 fl. oz. Cream Sauce Base  
1 oz. Shredded Asiago Cheese  
12 oz. Par-Cooked Gnocchi  
**Customize It Options**  
12 oz. Impossible Burger  
10 oz. Ground Beef  
8 oz. Italian Pork Sausage Links  
10 oz. Diced Boneless Skinless Chicken Breasts

View nutritional information at [www.homechef.com/23447](http://www.homechef.com/23447)

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

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



## Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray

### Customize It Instructions

- Meatlovers! If using protein, pat dry and cook in a medium non-stick pan over medium heat with 1 tsp. **olive oil**. If using **diced chicken breasts**, stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes. If using **ground beef**, break up until beef reaches minimum internal temperature, 4-6 minutes. If using **Impossible burger**, break up until burger is heated through, 4-6 minutes. If using **Italian sausage**, remove from casing, if necessary, and break up until sausage reaches minimum internal temperature, 4-6 minutes. Add to gnocchi as desired.



### 2. Prepare the Kale

- Stem **kale** and coarsely chop.



### 1. Roast the Butternut Squash

- Halve any large **butternut squash** pieces to roughly match smaller pieces.
- Place butternut squash on prepared baking sheet and toss with 2 tsp. **olive oil** and a pinch of **salt**. Massage oil and salt into butternut squash.
- Spread into a single layer. Roast in hot oven until tender, 22-24 minutes, gently flipping once halfway through.
- While butternut squash roasts, continue recipe.



### 3. Cook the Gnocchi

- Place a large non-stick pan over medium-high heat and add 1 Tbsp. **olive oil**.
- Add **gnocchi** to hot pan and stir occasionally until tender, 4-6 minutes.
- Transfer gnocchi to a plate. Keep pan over medium-high heat.



### 4. Start the Sauce

- Add **kale** to hot pan and stir occasionally until wilted, 1-2 minutes.
- Add **cream base**,  $\frac{1}{4}$  cup **water**, a pinch of **salt** and **pepper**, and **garlic pepper**. Stir until combined, 30-60 seconds.



### 5. Finish Sauce and Finish Dish

- Add **gnocchi** and **butternut squash** to hot pan. Stir constantly until warmed through and **sauce** coats gnocchi, 1-2 minutes.
- If too thick, add additional water, 1 Tbsp. at a time, until desired consistency is reached.
- Remove from burner. Add **red pepper flakes** (to taste).
- Plate dish as pictured on front of card, topping gnocchi with **cheese** and **crispy onions**. Bon appétit!