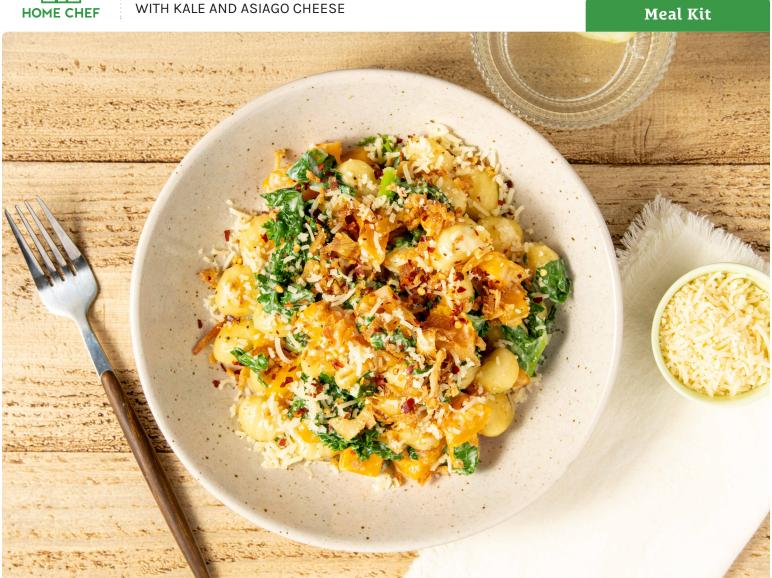


# Butternut Squash Alfredo Gnocchi



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Prep & Cook Time	Cook Within	You Will Need
25-35 MIN	7 DAYS	Olive Oil, Salt, Pepper, Cooking Spray
Difficulty Level EASY	Spice Level MILD	Baking Sheet, Large Non-Stick Pan

### 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.

## View nutritional information at 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.

# Ingredients

1/2 tsp. Garlic Pepper
2 oz. Kale
1/2 oz. Crispy Fried Onions
2 1/4 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

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

# Share your meal with @realhomechef 🎯 🕣

### 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.



### 4. Start the Sauce

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



### 1. Roast the Butternut Squash

- Halve any large butternut squash pieces to roughly match smaller
- 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.
- Add gnocchi to hot pan and stir occasionally until tender, 4-6
- Transfer gnocchi to a plate. Keep pan over medium-high heat.



### 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!

