



Butternut Squash, Fig, and Blue Cheese Risotto

WITH WALNUTS

Meal Kit



Prep & Cook Time

40-50 MIN

Cook Within

7 DAYS

You Will Need

Olive Oil, Salt, Pepper
Medium Pot, Small Pot,
Medium Oven-Safe Non-Stick
Pan

Difficulty Level

INTERMEDIATE

Spice Level

NOT SPICY

Ingredients

1 oz. Walnut Halves
¾ cup Arborio Rice
.6 oz. Butter
4 tsp. Mirepoix Broth Concentrate
½ oz. Blue Cheese Crumbles
2 Garlic Cloves
2 Tbsp. Fig Spread
12 oz. Cubed Butternut Squash
1 Shallot

Customize It Options

12 oz. Boneless Skinless Chicken
Breasts
8 oz. Scallops
10 oz. Filets Mignon

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/34496

*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, sesame, wheat, egg, soy, milk, fish, 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.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Bring 4 cups **water** to a boil in a small pot

Customize It Instructions

- Meatlovers! If using protein, cook in a medium non-stick pan over medium heat with 1 tsp. olive oil. If using **chicken breasts**, pat dry. Cook until chicken reaches minimum internal temperature, 5-7 minutes per side. If using **filets mignon**, pat dry. Cook until steak reaches desired doneness, or 4-6 minutes per side for medium/medium-well. Rest, 3 minutes. Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner. If using **scallops**, pat dry. Cook until scallops reach minimum internal temperature, 1-2 minutes per side. Scallops will vary in amount as they are portioned by weight. Don't worry, the sweet flavor and tender texture will be the same. Add protein to meal as desired.



1. Prepare the Ingredients

- Peel and halve **shallot**. Cut into 1/4" slices.
- Mince **garlic**.



2. Cook the Butternut Squash

- Halve any large **butternut squash** pieces to roughly match smaller pieces.
- Place a medium oven-safe non-stick pan over medium-high heat and add 1 Tbsp. **olive oil**. Add butternut squash and **shallots** to hot pan. Stir often until lightly browned, 3-4 minutes.
- Season with 1/4 tsp. **salt** and a pinch of **pepper**. Remove from burner. Transfer pan to hot oven and roast until tender, 8-12 minutes.
- Carefully remove from oven and gently stir in **fig spread**. *Handle will be hot! Use an oven mitt.*
- While butternut squash cooks, continue recipe.



4. Finish the Risotto

- Add 1 cup boiling **water** from small pot and **mirepoix base** to pot with **rice**. *Rice should just be covered by water.* Stir often until nearly all water is absorbed.
- Add 1/2 cup boiling water from small pot and stir often again until nearly all water is absorbed. Repeat this process, stirring often, 18-20 minutes.
- Taste **risotto** as you cook, checking for **tenderness**. When rice has no more "bite" or crunch, it's done. There may be water left.
- Remove from burner. Stir in **butter**, 1/2 tsp. **salt**, and a pinch of **pepper** until combined.



3. Start the Risotto

- Place a medium pot over medium-high heat and add 2 tsp. **olive oil**. Add **rice** to hot pot and stir occasionally until toasted, 1-2 minutes.
- Add **garlic** and a pinch of **salt**. Stir constantly until aromatic, 30-60 seconds.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **risotto** with **butternut squash**, **walnuts**, and **cheese** (to taste). Bon appétit!