



#### IN YOUR BOX

- .9 oz. Butter
- 1 Acorn Squash
- ½ oz. Honey
- 4 Oregano Sprigs
- 2 Garlic Cloves
- 1 Lemon
- 2 Boneless Skinless Chicken Breasts
- ¾ oz. Pine Nuts

**NUTRITION** *per serving* 28g carbohydrates 27g fat 47g protein 919mg sodium | CONTAINS dairy, nuts | calorie-conscious, carb-conscious



Calories  
**556**



Prep & Cook Time  
**45-55 min.**



Cook Within  
**5 days**



Difficulty  
**Easy**



Spice Level  
**Not Spicy**

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Mixing Bowl
- Medium Non-Stick Pan

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## Roast Chicken with Lemon-Herb Compound Butter

with acorn squash and pine nuts

## BEFORE YOU COOK

- ☐ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ☐ Preheat oven to **400 degrees**
- ☐ Set **butter** on counter to soften
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray

## WHILE YOU COOK

- ☐ **Heads Up!** **Oregano** is used twice. Most is added to **compound butter**, and a pinch garnishes dish.
- ☐ Some can't get enough **garlic**, and others prefer a lighter touch. Feel free to use only one clove for making **compound butter** if preferred.
- ☐ **Heads Up!** **Lemon juice** is used twice. 1 tsp. is added to **compound butter**, and 1 tsp. finishes **squash**.

## FROM THE CHEF

Pine nuts toast quickly. Let your nose tell you when they're done. As soon as you can detect the aroma of toasted nuts, remove them from pan.

### Did you know...

*The multiple colors of the acorn squash are for more than just beauty. Ripening squashes turn from dark green to orange; perfect ripeness is a tiny bit of orange coloring.*



## Bake the Squash

Trim ends from **acorn squash** and carefully halve from pole to pole. Scoop out strings and seeds. Place halves, cut side down, on cutting board and make  $\frac{3}{4}$ " slices across its length, creating crescents. Place on prepared baking sheet and toss with **honey**, 1 Tbsp. **olive oil**, and  $\frac{1}{2}$  tsp. **salt**. Use your hands to coat squash and arrange in a single layer. Roast until lightly caramelized on bottom, 10-14 minutes. Flip squash and roast until tender and brown, 8-12 minutes. While squash cooks, prepare ingredients.



## Cook the Chicken

Place a medium non-stick pan over medium heat. Add 2 tsp. **olive oil** and **chicken** to hot pan. Cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-6 minutes per side. Remove chicken to a plate and rest for 5 minutes. Wipe pan clean and reserve.



## Prepare the Ingredients

Stem and mince **oregano**. Mince **garlic**. Zest **lemon**, halve, and juice. Rinse **chicken breasts**, pat dry, and season both sides with  $\frac{1}{4}$  tsp. **salt** and a pinch of **pepper**.



## Toast the Pine Nuts

Return pan used to cook chicken to medium heat. Place **pine nuts** in hot pan and toast until golden brown, 1-2 minutes. Remove from pan.



## Make the Lemon-Herb Compound Butter

Combine softened **butter**, **oregano** (reserve a pinch for garnish), **half the garlic**, 1 tsp. **lemon juice** (reserve 1 tsp. for garnish),  $\frac{1}{2}$  tsp. **lemon zest**, and a pinch of **pepper** in a small mixing bowl. Taste and add remaining garlic and zest if desired. Shape into two equal disks and refrigerate to firm. Remove from refrigerator 5 minutes before plating.



## Plate the Dish

Place **chicken** on plate and arrange **squash** next to chicken. Top chicken with **lemon-herb butter** and garnish squash with 1 tsp. **lemon juice**, **pine nuts**, and reserved **oregano**.