



In your box

- 1 oz. Goat Cheese Crumbles
- .6 oz. Butter
- 1 fl. oz. Sherry Vinegar
- ¼ oz. Parsley
- 1 Shallot
- 8 oz. Red Beet
- 2 Boneless Skinless Chicken Breasts
- 8 oz. Butternut Squash, Cubed

CONTAINS milk



Chicken with Goat Cheese Butter and roasted beet and butternut squash

NUTRITION per serving—Calories: 531, Carbohydrates: 24g, Fat: 29g, Protein: 45g, Sodium: 1096mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
5 days

Difficulty Level ● ○ ○ ○
Easy

Spice Level ○ ○ ○ ○ ○
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, 2 Mixing Bowls, Medium Non-Stick Pan

👑 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 **450 degrees**
- ❑ Set **goat cheese** and **butter** on counter to soften
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil and cooking spray
- ❑ Ingredient(s) used more than once: **sherry vinegar**, **parsley**



1

Prepare the Ingredients

- Peel and slice **shallot** into ¼” rounds.
- Stem and mince **parsley**.
- Trim ends off **beet**, peel, and cut into ¾” dice. *Red beet juice is a strong dye (it's even used as food coloring), so cut beets last to avoid staining other ingredients. Use a separate cutting board, preferably plastic, to avoid staining your equipment.*
- Pat **chicken breasts** dry, and season both sides with pinch of **salt** and **pepper**.



2

Roast the Beet and Butternut Squash

- Place diced **beet** on one half of prepared baking sheet and toss with 1 tsp. **olive oil**, half the **sherry vinegar**, and a pinch of **salt**.
- Spread into a single layer on one side and roast 10 minutes.
- While beet roasts, toss together **butternut squash**, **shallot**, 1 tsp. olive oil, remaining sherry vinegar, and a pinch of salt in a mixing bowl.
- After beet has roasted 10 minutes, carefully spread butternut squash and shallot into a single layer on empty side of baking sheet and roast until vegetables tender, 15-18 minutes.
- While vegetables roast, sear chicken.



3

Cook the Chicken

- Place a medium non-stick pan over medium heat.
- Add 2 tsp. **olive oil** and **chicken** to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-8 minutes per side.
- While chicken cooks, make butter.



4

Make the Butter

- In another mixing bowl, thoroughly combine **goat cheese**, **butter**, half the **parsley** (reserve remaining for garnish), and a pinch of **salt** and **pepper**.



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing **vegetables** with remaining **parsley**. Bon appétit!