



In your box

- 2 Garlic Cloves
- 3 oz. Kale
- 12 oz. Butternut Squash, Cubed
- 4 tsp. Mirepoix Base
- 4 fl. oz. Light Cream
- 13 oz. Boneless Skinless Chicken Breasts
- .48 oz. Parmesan Cheese Crisps
- 1 Shallot
- 1 oz. Grated Parmesan



Autumn Chicken Stew

with kale and butternut squash

NUTRITION per serving—Calories: 617, Carbohydrates: 35g, Fat: 32g, Protein: 50g, Sodium: 1468mg.
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
Medium Pot

Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Thoroughly rinse produce and pat dry



1

Prepare the Ingredients

- Stem **kale** and coarsely chop.
- Peel and halve **shallot**. Cut into ¼” dice.
- Coarsely crush **Parmesan crisps**.
- Mince **garlic**.
- Pat **chicken breasts** dry and, on a separate board, cut into ½” dice. Season with a pinch of **salt** and **pepper**.



2

Cook the Chicken

- Place a medium pot over medium-high heat and add 1 Tbsp. **olive oil**.
- Add **diced chicken** to hot pot. Stir occasionally until chicken is lightly browned and reaches a minimum internal temperature of 165 degrees, 4-6 minutes.
- Remove chicken to a plate.
- Reserve pot; no need to wipe clean.



3

Start the Chowder

- Return pot used to cook chicken to medium heat and add 1 tsp. **olive oil**. Add **shallot** to hot pan and stir often until tender, 2-3 minutes.
- Add **garlic** and cook, 1 minute.
- Add **butternut squash**, 1¾ cup **water**, **mirepoix base**, ¼ tsp. **salt**, and a pinch of **pepper**. Raise heat to medium-high and bring to a boil.
- Cover, and cook until tender but not mushy, 7-10 minutes.



4

Finish the Chowder

- Add **kale** to pot. Cover, and cook until wilted, 2 minutes.
- Add **cream** and **chicken and any accumulated juices**. Return to a boil.
- Once boiling, remove from burner. Stir in **Parmesan**.



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing with **Parmesan crisps**. Bon appétit!