



In your box

- 1 Acorn Squash
- 2 oz. Feta Cheese
- 2 Garlic Cloves
- ½ oz. Walnut Halves
- 1 tsp. Seasoned Salt Blend
- 13 oz. Boneless Skinless Chicken Breasts
- 1 Rosemary Sprig
- 4 fl. oz. Light Cream



Rosemary Cream Chicken

with walnut and feta acorn squash

NUTRITION per serving—Calories: 593, Carbohydrates: 32g, Fat: 32g, Protein: 45g, Sodium: 1737mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
5 days

Difficulty Level ● ● ●
Expert

Spice Level 🌶️ 🌶️ 🌶️
Not Spicy

① You will need

Olive Oil, Salt, Cooking Spray

Baking Sheet, Medium Non-Stick Pan, Mixing Bowl,
Small 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 **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



Cook the Acorn Squash

- Trim ends from **acorn squash** and carefully halve from pole to pole. Use a spoon to scoop out strings and seeds. Cut halves into ½" slices.
- Place acorn squash on prepared baking sheet and sprinkle with a pinch of **salt**.
- Spread into a single layer and roast in hot oven until tender, 20-23 minutes.
- While squash cooks, prepare ingredients.



Prepare the Ingredients

- Mince **garlic**.
- Stem and mince **rosemary**.
- Mince **walnuts**.
- Pat **chicken breasts** dry, and season both sides with **seasoning blend**.



Cook The Chicken

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add **chicken breasts** to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner. Remove chicken to a plate and tent with foil.



Finish the Squash

- Add roasted **squash**, **feta**, and **walnuts** in a mixing bowl and gently combine. Set aside.



Make Sauce and Finish Dish

- Place a small non-stick pan over medium-high heat.
- Add 1 tsp. **olive oil** and **garlic** to hot pan and cook until aromatic, 30-60 seconds.
- Stir in **cream**, **rosemary**, and a pinch of **salt**. Bring to a boil, then reduce heat to medium. Cook until thickened, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, spooning sauce over **chicken**. Bon appétit!