



In your box

- 1 tsp. Cajun Seasoning
- ½ oz. Baby Spinach
- 1 oz. Walnut Halves
- 1 Ciabatta
- 1 oz. Goat Cheese
- 4 oz. Alfredo Sauce
- ½ oz. Grated Parmesan
- 2 Garlic Cloves
- 8 oz. Cubed Butternut Squash
- 5 oz. Penne Pasta

Customize It Options

- 8 oz. Shrimp
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 4 Beyond Sausage Links
- 8 oz. Italian Pork Sausage Links

*Contains: milk, eggs, wheat, tree nuts (walnuts)

You will need

Olive Oil, Salt, Cooking Spray
 Mixing Bowl, Colander, Medium Pot, Baking Sheet, Large Non-Stick Pan

Minimum Internal Protein Temperature

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

Classic Meal Kit



Butternut Squash Alfredo Penne

with spicy walnuts and garlic bread

NUTRITION per serving—Calories: 829, Carbohydrates: 93g, Sugar: 7g, Fiber: 5g, Protein: 25g, Sodium: 1348mg, Fat: 41g, Saturated Fat: 13g
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

30-40 min.

Cook Within

7 days

Difficulty Level

Easy

Spice Level

Mild

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **Cajun seasoning**

Customize It Instructions

- Meat lovers! If using protein, cook in a large non-stick pan over medium heat with 2 tsp. **olive oil** If using **diced chicken**, pat dry, season all over with ¼ tsp. **salt** and ¼ tsp. **pepper**. Stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes. If using **Italian sausage**, remove sausage from casing. Break up sausage until no pink remains and sausage reaches minimum internal temperature, 7-9 minutes. If using **shrimp**, pat dry and season all over with a pinch of salt and pepper. Cook undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches minimum internal temperature, 1-2 minutes. If using **Beyond Sausage**, crumble into bite-sized pieces. Stir occasionally until warmed through, 6-8 minutes. Vegetarian sausage will not brown. Add to pasta as desired.



1. Roast the Butternut Squash

- Halve any large **butternut squash** pieces to roughly match smaller pieces.
- Mix squash, half the **Cajun seasoning** (reserve remaining for walnuts), 2 tsp. **olive oil**, ¼ tsp. **salt** in a mixing bowl until squash is coated.
- Transfer squash to one half of prepared baking sheet and spread into a single layer. Reserve bowl; no need to wipe clean.
- Roast in hot oven until tender, 20-25 minutes.
- While squash roasts, cook pasta.



2. Start the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 12-13 minutes.
- Reserve ½ cup **pasta cooking water**. Drain pasta in a colander and set aside.
- While pasta cooks, prepare ingredients.



3. Prepare the Ingredients

- Coarsely chop **spinach**.
- Coarsely chop **walnuts**.
- Mince **garlic**.
- In bowl used for butternut squash, combine walnuts, 1 tsp. **olive oil**, and remaining **Cajun seasoning**.



4. Bake the Garlic Bread

- Place **ciabatta** on empty space on baking sheet, cut side up. Top ciabatta evenly with 2 tsp. **olive oil**, **garlic**, and **Parmesan**.
- Bake in hot oven until golden brown, 5-7 minutes.
- While garlic bread bakes, finish pasta.



5. Finish Pasta and Plate Dish

- Place a large non-stick pan over medium heat. Add **pasta**, **Alfredo sauce**, and ¼ cup **water** to hot pan. Stir until sauce coats pasta, 1-2 minutes.
- Stir in **spinach** until wilted, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping pasta with **butternut squash**, **goat cheese** (crumbling with your hands if necessary), and **walnuts**. Bon appétit!