



#### In your box

4 tsp. Mirepoix Base  
1 oz. Blue Cheese  
1 oz. Walnut Halves  
2 Tbsp. Fig Preserves  
12 oz. Cubed Butternut Squash  
¾ cup Arborio Rice  
.6 oz. Butter  
1 Shallot  
2 Garlic Cloves

#### Customize It Options

12 oz. Ground Turkey  
13 oz. Boneless Skinless Chicken Breasts  
12 oz. Ground Pork

#### You will need

Olive Oil, Salt, Pepper  
Medium Oven-Safe Non-Stick Pan,  
Small Pot, Medium Pot



## Butternut Squash, Fig and Blue Cheese Risotto

with walnuts

NUTRITION per serving—Calories: 732, Carbohydrates: 101g, Fat: 32g, Protein: 14g, Sodium: 1304mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
\*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time  
40-50 min.

Cook Within  
7 days

Difficulty Level  
Intermediate

Spice Level  
Not Spicy

## 👑 Before you cook

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

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to 425 degrees
- Bring 4 cups water to a boil in a small pot

### Customize It Instructions

Meat lovers! If using **chicken**, pat dry and cut into 1" dice on a separate cutting board. Season all over with 1/4 tsp. salt and a pinch of pepper. Cook with 2 tsp. olive oil in a large non-stick pan over medium-high heat, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes. If using **ground pork** or **ground turkey**, combine with 1/4 tsp. salt and a pinch of pepper. Cook in a medium non-stick pan over medium-high heat with 1 tsp. olive oil. Break into small pieces with a spoon until no pink remains, 5-7 minutes for pork, 7-9 minutes for turkey. Serve proteins on top of risotto, or enjoy on the side.

#### Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



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### Prepare the Ingredients

- Peel and halve **shallot**. Cut into 1/4" slices.
- Mince **garlic**.



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### Roast the Butternut Squash

- Place a medium oven-safe non-stick pan over medium-high heat and add 1 Tbsp. **olive oil**. Add **butternut squash** and **shallot** to hot pan. Stir often until lightly browned, 3-4 minutes.
- Season with 1/4 tsp. **salt** and a pinch of **pepper**. Transfer pan to hot oven and roast until tender, 8-12 minutes.
- Remove from oven and gently stir in **fig preserves**. *Be careful! Handle will be hot.*
- While squash cooks, start risotto.



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### Start the Risotto

- Place a medium pot over medium-high heat and add 2 tsp. **olive oil**.
- Add **rice** to hot pot and stir occasionally until rice is toasted and opaque, 1-2 minutes.
- Add **garlic** and stir constantly until aromatic, 30-60 seconds.



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### Finish the Risotto

- Add 1 cup boiling water from small pot and **mirepoix base** to pot with rice. *Rice should just be covered by water.* Stir often until nearly all water is absorbed.
- Add 1/2 cup boiling water and stir often again until nearly all water is absorbed. Repeat this process, stirring often, 18-20 minutes.
- Taste **risotto** as you cook, checking for tenderness. *When rice has no more "bite" or crunch, it's done. There may be water left.*
- Remove from burner. Stir in **butter**, 1/2 tsp. **salt**, and a pinch of **pepper**.



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### Finish the Dish

- Plate dish as pictured on front of card, topping **risotto** with **butternut squash**, **walnuts**, and **blue cheese** (to taste). Bon appétit!