



In your box

- 8 oz. Cubed Butternut Squash
- 1 Russet Potato
- 4 fl. oz. Light Cream
- 4 tsp. Mirepoix Base
- 1 tsp. Seasoned Salt Blend
- 2 oz. Baby Spinach
- 1 oz. Shredded Cheddar-Jack Cheese
- 1 Ciabatta
- .3 oz. Butter
- 1 Shallot

Customize It Options

- 8 oz. Shrimp
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

You will need

- Olive Oil, Salt, Pepper
- Large Non-Stick Pan, Baking Sheet



Butternut Squash Chowder

with cheesy ciabatta

NUTRITION per serving—Calories: 518, Carbohydrates: 61g, Fat: 26g, Protein: 12g, Sodium: 1544mg.
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
30-40 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 400 degrees
- Prepare a baking sheet with foil
- Upon delivery, remove potato from meal bag and store at room temperature

Customize It Instructions

Meatlovers! Add proteins to finished chowder. If using **chicken**, pat dry and cut into 1" dice. Season with a pinch of **salt** and **pepper**. Place a medium non-stick pan over medium-high heat and add 2 tsp. olive oil. Add diced chicken to hot pan and stir occasionally until chicken browns and reaches a minimum internal temperature of 165 degrees, 5-7 minutes. If using **shrimp**, pat dry and season with a pinch of salt and pepper. Heat 1 tsp. olive oil in a large non-stick pan over medium-high heat. Add shrimp to hot pan and cook undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches a minimum internal temperature of 145 degrees, 1-2 minutes.

Minimum Internal Temperature

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



1

Make the Chesy Ciabatta

- Separate **ciabatta** halves and cut diagonally.
- Place a large non-stick pan over medium-high heat and add **butter**. Let melt, 1-2 minutes.
- Add ciabatta halves to hot pan, cut-side down, and toast until browned, 1-2 minutes.
- Transfer ciabatta to prepared baking sheet, cut-side up, and top with **cheese**. Toast in hot oven until cheese is melted, 3-4 minutes.
- Reserve pan; no need to wipe clean.



2

Prepare the Ingredients

- Peel and cut **potato** into 1" chunks.
- Peel and halve **shallot**. Slice thinly.
- Coarsely chop **spinach**.



3

Start the Chowder

- Return pan used to toast ciabatta to medium-high heat and add 2 tsp. **olive oil**.
- Add **potato**, **butternut squash**, **shallot**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until lightly browned, 2-3 minutes.
- Add 1 cup **water** and **mirepoix base** and stir to combine. Bring to a boil.
- Once boiling, cover and reduce heat to medium. *Liquid should be simmering*. Simmer until potato and butternut squash are fork-tender, 6-9 minutes.



4

Finish the Chowder

- Stir in **cream**, **spinach**, and **seasoned salt**. Bring to a simmer.
- Once simmering, stir occasionally until slightly thickened, 3-5 minutes.
- *If too thick, add water, 1 Tbsp. at a time, until desired consistency is reached.*



5

Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!