



#### In your box

- 12 oz. Precooked Gnocchi
- 1 oz. Crispy Fried Onions
- 8 oz. Cubed Butternut Squash
- 1 oz. Shredded Asiago Cheese
- ½ tsp. Garlic Salt
- 2 oz. Kale
- 4 oz. Alfredo Sauce
- ¼ tsp. Red Pepper Flakes

#### Customize It Options

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

\*Contains: milk, eggs, wheat

#### You will need

- Olive Oil, Pepper, Cooking Spray
- Baking Sheet, Large Non-Stick Pan



## Butternut Squash Alfredo Gnocchi

with kale and Asiago cheese

NUTRITION per serving—Calories: 688, Carbohydrates: 82g, Fat: 34g, Protein: 17g, Sodium: 1636mg.

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

25-35 min.

Cook Within

7 days

Difficulty Level

Easy

Spice Level

Mild

## 👑 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 and cooking spray
- ☐ Ingredient(s) used more than once: **garlic salt**

### Customize It Instructions

- Meat lovers! Pat **chicken** dry, and season with ¼ tsp. **salt** and a pinch of **pepper**. (If using whole chicken breast, cut 1" dice.) Cook chicken after gnocchi, keeping pan over medium-high heat and stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes. Tent cooked chicken with foil. Add chicken to sauce with gnocchi.

Minimum Internal Temperature

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



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### Roast the Butternut Squash

- Halve any large **butternut squash** pieces to roughly match smaller pieces.
- Place squash on prepared baking sheet and toss with 2 tsp. **olive oil** and half the **garlic salt** (reserve remaining for sauce). Massage oil and seasoning into squash.
- Spread into a single layer and roast in hot oven until tender, 22-24 minutes, gently flipping once halfway through.
- While squash roasts, prepare kale.



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### Prepare the Kale

- Stem kale and coarsely chop.



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### Cook the Gnocchi

- Place a large non-stick pan over medium-high heat and add 1 Tbsp. **olive oil**.
- Add **gnocchi** to hot pan and stir occasionally until tender, 4-6 minutes.
- Transfer gnocchi to a plate. Keep pan over medium-high heat.



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### Start the Sauce

- Add **kale** to hot pan and stir occasionally until wilted, 1-2 minutes.
- Add **Alfredo sauce**, ¼ cup **water**, remaining **garlic salt**, and a pinch of **pepper**. Stir until combined, 30-60 seconds.



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### Finish Sauce and Finish Dish

- Add **gnocchi** and **squash** to pan. Stir until warmed through and **sauce** coats gnocchi, 1-2 minutes.
- *If too thick, add additional water, 1 Tbsp. at a time, until desired consistency is reached.*
- Remove from burner. Add **red pepper flakes** (to taste).
- Plate dish as pictured on front of card, topping gnocchi with **Asiago** and **crispy onions**. Bon appétit!