



#### In your box

- 8 oz. Green Beans
- ½ fl. oz. Garlic Oil
- ½ oz. Apple Butter
- ¼ tsp. Red Pepper Flakes
- ½ tsp. Garlic Salt
- .6 oz. Butter
- ½ oz. Walnut Halves
- 1 oz. Goat Cheese
- 8 oz. Cubed Butternut Squash

#### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 16 oz. USDA Choice Boneless Ribeye Steak (Serves 2)
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: milk, tree nuts (walnuts)

#### You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Mixing Bowl, Medium Non-Stick Pan, Baking Sheet



Culinary Collection

## Chicken Breast and Walnut Goat Cheese Butter

with mashed butternut squash and green beans

NUTRITION per serving—Calories: 597, Carbohydrates: 25g, Fat: 35g, Protein: 45g, Sodium: 1709mg.

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

5 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**
- Set **goat cheese** and **butter** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **butter**

## Customize It Instructions

- If using **ribeye**, follow same instructions as chicken in Steps 1, seasoning with ¼ tsp. salt and a pinch of pepper. Follow same instructions as chicken in Steps 2 and 3, roasting in hot oven until steaks reach a minimum internal temperature of 145 degrees, 10-12 minutes. Remove from baking sheet, and roast green beans, 2 minutes. Halve to serve.

Minimum Internal Temperature

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



1

### Prepare the Ingredients

- Trim ends off **green beans**.
- Finely chop **walnuts**. *Don't worry if larger pieces remain.*
- Thoroughly combine walnuts, **goat cheese**, and half the **butter** (reserve remaining for butternut squash) in a mixing bowl. Set aside.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



2

### Cook the Chicken

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **chicken** to hot pan and sear undisturbed on one side, 3-4 minutes.
- Transfer to one half of prepared baking sheet, seared-side up.
- Reserve pan; no need to wipe clean.



3

### Roast the Chicken and Green Beans

- Place **green beans** on empty half of baking sheet and toss with 2 tsp. **olive oil** and **garlic salt**. Spread into a single layer on their side.
- Roast in hot oven until green beans are tender and **chicken** reaches a minimum internal temperature of 165 degrees, 8-10 minutes.
- While chicken and green beans roast, make butternut mash.



4

### Make the Butternut Mash

- Return pan used to sear chicken to medium heat and add **butternut squash**, ¼ cup **water**, and a pinch of **salt** to hot pan.
- Cover, and stir occasionally until squash is fork-tender and water has evaporated, 10-12 minutes.
- Remove from burner. Add remaining **butter**, **apple butter**, and ¼ tsp. **salt**. Mash until slightly chunky.



5

### Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **walnut goat cheese butter** and garnishing **green beans** with **garlic oil** and **red pepper flakes** (to taste). Bon appétit!