



### In your box

- 1 Sage Sprig
- 1 oz. White Cooking Wine
- 12 oz. Cubed Butternut Squash
- ½ oz. Dried Cranberries
- .6 oz. Butter
- 1 tsp. Sugar
- 1 tsp. Chipotle Cinnamon Seasoning
- 1 Lemon

### Customize It Options

- 12 oz. Salmon Fillets
- 12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: milk

### You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Medium Non-Stick Pan, Baking Sheet, Small Pot



## Salmon with Cranberry Chutney and roasted butternut squash

NUTRITION per serving—Calories: 549, Carbohydrates: 30g, Fat: 34g, Protein: 35g, Sodium: 1099mg.

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

3 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 and cooking spray

## Customize It Instructions

- If using **wild-caught salmon**, roast butternut squash, 11 minutes. Follow same instructions as regular salmon in Steps 2 and 3, roasting until salmon reaches minimum internal temperature, 6-8 minutes.
- If using **chicken breast**, roast butternut squash, 7 minutes. Pat chicken dry, and season both sides with a pinch of **salt** and **pepper**. Follow same instructions as salmon in Step 3, searing on one side, 4-5 minutes, then roasting until chicken reaches minimum internal temperature, 10-12 minutes.

Minimum Internal Temperature

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



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### Start the Butternut Squash

- Halve any large **butternut squash** pieces to roughly match smaller pieces.
- Place butternut squash on prepared baking sheet and toss with 2 tsp. **olive oil**, **seasoning blend**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into squash.
- Spread into a single layer on one side. Roast in hot oven, 10 minutes.
- Remove from oven. *Squash will finish cooking in a later step.*
- While squash roasts, prepare ingredients.



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### Prepare the Ingredients

- Stem **sage**. Place leaves on a dry paper towel in a single layer. Top with another dry paper towel. Microwave, 1 minute at a time, until crisp, 2-3 times.
- Halve **lemon**. Juice one half and cut other half into wedges.
- Pat **salmon** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



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### Cook Salmon and Finish Squash

- Place a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **salmon**, skin side up, to hot pan. Sear on one side until golden brown, 2-4 minutes.
- Transfer salmon to empty space on baking sheet, seared side up. Gently flip **squash**.
- Roast until squash is browned and tender and salmon reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- While salmon and squash roast, make cranberry chutney.



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### Make the Cranberry Chutney

- Place a small pot over medium heat. Add **cranberries**, **white cooking wine**, 2 Tbsp. **water**, **sugar**, and 2 tsp. **lemon juice** to hot pot. Stir to combine and bring to a simmer.
- Once simmering, reduce heat to low and stir occasionally until cranberries are plump and liquid has reduced by half, 3-5 minutes.
- Remove from burner and stir in **butter**. Cover and set aside.



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### Finish the Dish

- Plate dish as pictured on front of card, topping **salmon** with **cranberry chutney**. Crumble **sage** and sprinkle over **squash**. Squeeze **lemon wedges** over dish to taste. Bon appétit!