



#### In your box

8 oz. Butternut Squash, Cubed  
½ oz. Light Brown Sugar  
1 oz. Walnut Halves  
¾ cup Arborio Rice  
1 oz. Butter  
2 oz. White Cooking Wine  
1 oz. Pecorino Cheese  
2 tsp. Mirepoix Base  
1 Sage Sprig  
1 Shallot

#### Customize It Options

10 oz. USDA Choice Sliced Flank  
Steak  
12 oz. Diced Boneless Skinless  
Chicken Breasts  
8 oz. Bacon—Double Portion

\*Contains: milk, tree nuts (walnuts)

#### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
2 Medium Pots, Baking Sheet



## Roasted Butternut Squash Risotto

with candied walnuts

NUTRITION per serving—Calories: 671, Carbohydrates: 88g, Fat: 30g, Protein: 12g, Sodium: 1014mg.

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

40-50 min.

Cook Within

7 days

Difficulty Level

Expert

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**
- Bring 4 cups **water** to a boil in a medium pot
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **sage**

## Customize It Instructions

- Meat lovers! If using **bacon**, line a plate with a paper towel. Place a medium non-stick pan over medium heat and add bacon to hot pan. Flip occasionally until crisp and bacon reaches a minimum internal temperature of 145 degrees, 6-8 minutes. Transfer to towel-lined plate to remove excess oil. Add to recipe as desired. If using **steak strips**, separate into a single layer, pat dry, and season with ¼ tsp. **salt** and a pinch of **pepper**. Cook in a large non-stick pan over medium-high heat, stirring occasionally until no pink remains and steak reaches minimum internal temperature, 4-6 minutes. If using **diced chicken**, pat dry and season with ¼ tsp. **salt** and a pinch of **pepper**. Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes.

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 butternut squash on prepared baking sheet and toss with 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into squash.
- Spread into a single layer. Roast in hot oven until tender, 26-30 minutes.
- While squash roasts, prepare ingredients.



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### Prepare Ingredients and Candy Walnuts

- Peel and mince **shallot**.
- Stem and mince **sage**.
- Place another medium pot over medium-high heat. Add **brown sugar** and 2 Tbsp. **water** to hot pot. Stir until sugar is dissolved, 1-2 minutes.
- Add **walnuts**. Once water starts bubbling, stir often until syrup forms and walnuts are coated and glazed, 1-2 minutes.
- Carefully, transfer walnuts to a plate. Spread into a single layer and let cool. *Hot nut alert! Walnuts will be very hot.*
- Reserve pot; no need to wipe clean.



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### Start the Risotto

- Return pot used to candy walnuts to medium-high heat. Add 1 tsp. **olive oil**, **rice**, and **shallot**. Stir often until aromatic, 1-2 minutes.
- Add **white wine** and stir, scraping bottom of pot, until mostly evaporated, 1-2 minutes.
- Add 1 cup **boiling water** from other medium pot and **mirepoix base** to pot with rice. *Rice should just be covered by broth.* Stir often until nearly all broth is absorbed.



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### Finish the Risotto

- Add ½ cup **boiling water** from other medium pot and stir often again until broth is nearly all 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 broth left.*
- Remove from burner and stir in **butter**, **cheese**, **sage** (to taste, reserving a pinch for garnish), ¼ tsp. **salt**, and a pinch of **pepper**.



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### Finish the Dish

- Stir **butternut squash** into risotto.
- Plate dish as pictured on front of card, garnishing with **candied walnuts** and reserved **sage**. Bon appétit!