



In your box

- 4 tsp. Mirepoix Broth Concentrate
- 1 oz. Grated Pecorino Cheese
- 5 oz. Spaghetti
- 4 oz. Light Cream
- 2 oz. Kale
- 12 oz. Cubed Butternut Squash
- .48 oz. Parmesan Cheese Crisps
- 1 oz. Pecans

Customize It Options

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

*Contains: milk, wheat, tree nuts (pecans)

You will need

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

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



Creamy Butternut Squash and Kale Spaghetti

with pecans and pecorino cheese

NUTRITION per serving—Calories: 735, Carbohydrates: 86g, Sugar: 12g, Fiber: 8g, Protein: 18g, Sodium: 1350mg, Fat: 38g, Saturated Fat: 14g
 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

7 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **425 degrees**
- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- Prepare a baking sheet with foil and cooking spray



1. 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 Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into squash.
- Spread into a single layer and roast in hot oven until browned and tender, 15-20 minutes.
- While squash roasts, cook pasta.



2. Cook the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 8-10 minutes.
- Reserve 1 cup **pasta cooking water**. Drain pasta in a colander and set aside.
- While pasta cooks, prepare ingredients.

Customize It Instructions

- Meat lovers! Cook protein in a large non-stick pan over medium-high heat with 2 tsp. **olive oil**. If using **whole chicken breast**, into 1" dice. Follow diced chicken instructions. If using **diced chicken**, pat dry. Stir occasionally until chicken browns and reaches minimum internal temperature, 5-7 minutes. If using **scallops**, pat dry. Cook until scallops reach minimum internal temperature, 1-2 minutes per side. Add to pasta as desired.



3. Prepare the Ingredients

- Stem **kale** and coarsely chop.
- Coarsely crush **Parmesan crisps**.



4. Make the Sauce

- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **cream**, **mirepoix base**, **kale**, **cheese**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until thickened slightly and kale is wilted, 2-3 minutes.



5. Add Pasta and Finish Dish

- Add **pasta**, ¼ cup **pasta cooking water**, and a pinch of **salt** to hot pan. Stir occasionally until pasta is coated with **sauce**, 1-2 minutes.
- Remove from burner. *If pasta is too dry, add remaining pasta cooking water, 1 Tbsp. at a time, until desired consistency is reached.*
- Plate dish as pictured on front of card, topping pasta with **butternut squash** and garnishing with **pecans** and **crushed Parmesan crisps**. Bon appétit!