



Carb Smart Roasted Butternut Squash Harvest Salad

with Candied Bacon and Apple

Carb Smart

30 Minutes



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Butternut Squash, cubes



Chicken Breasts



Bacon Strips



Baby Spinach



Balsamic Vinegar



Thyme



Gala Apple



Maple Syrup



Seed Blend



Garlic Salt



Feta Cheese, crumbled

CUSTOM RECIPE

This is a Custom Recipe. If you chose to add chicken, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO MAPLE SYRUP

Maple syrup highlights the saltiness of the bacon!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

2 Baking sheets, medium non-stick pan, measuring spoons, silicone brush, large bowl, parchment paper, whisk, paper towels

Ingredients

	2 Person	4 Person
Butternut Squash, cubes	340 g	680 g
Chicken Breasts*	2	4
Bacon Strips	100 g	200 g
Baby Spinach	113 g	227 g
Balsamic Vinegar	1 tbsp	2 tbsp
Thyme	7 g	7 g
Gala Apple	1	2
Maple Syrup	2 tbsp	4 tbsp
Seed Blend	14 g	28 g
Garlic Salt	½ tsp	1 tsp
Feta Cheese, crumbled	¼ cup	½ cup
Oil*		
Salt and Pepper*		

* Pantry items

** Cook bacon and chicken to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively, as size may vary.

• Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Roast squash

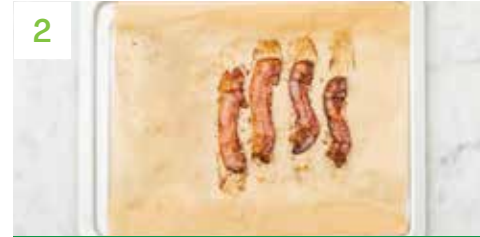
- Strip **1 tbsp** (2 tbsp) **thyme leaves** from stems, then finely chop.
- Add **squash, thyme, ½ tsp** (1 tsp) **garlic salt** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **pepper**, then toss to combine.
- Roast in the **bottom** of the oven, stirring halfway through, until tender and golden-brown, 20-22 min.



Prep

- Cut **apple** into ¼-inch slices.
- Add **remaining maple syrup, vinegar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Set aside.

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Add **1 tbsp** (2 tbsp) **oil** to the same pan, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.**



Cook bacon

- Meanwhile, arrange **bacon** on another parchment-lined baking sheet.
- Brush **½ tsp** (1 tsp) **maple syrup** over **bacon**.
- Roast in the **middle** of the oven, flipping **bacon** halfway through and brushing again with **½ tsp** (1 tsp) **maple syrup**, until crispy and cooked through, 8-12 min.**



Finish bacon and squash

- When **squash** is cooked, add to the large bowl with **dressing**. Toss to coat. Set aside.
- Move **bacon** to a clean surface, then cut into 1-inch pieces.



Toast seeds

- Meanwhile, heat a medium non-stick pan over medium heat.
- When hot, add **seed blend** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer to a plate.



Finish and serve

- Add **apples** and **spinach** to the bowl with **squash**. Toss to combine.
- Divide **harvest salad** between bowls.
- Top with **seed blend** and **candied bacon**, then sprinkle with **feta**.

Thinly slice **chicken**. Top **salad** with **chicken**.

Dinner Solved!



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