

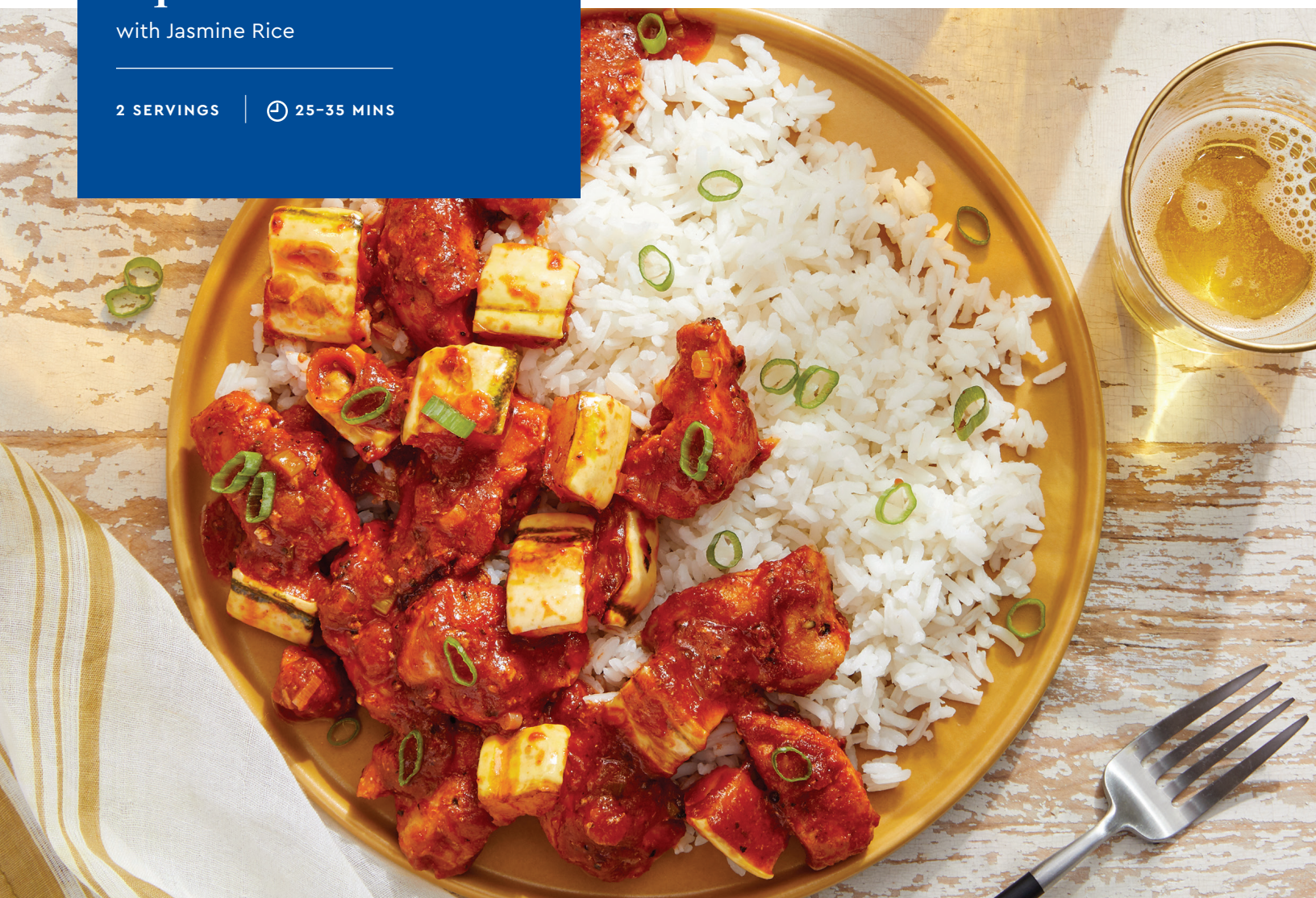
Butter Chicken & Squash

with Jasmine Rice

2 SERVINGS








⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



We're putting a unique spin on classic butter chicken—a beloved Indian curry featuring chicken cooked in a rich, spiced tomato sauce—by adding sweet roasted squash to our sauce, which highlights the flavors of tomatoes, tamarind, and more.

Ingredients

- | | |
|---|--|
|  10 oz Chopped Chicken Breast |  2 Tbsps Butter |
|  ½ cup Jasmine Rice |  2 Tbsps Tomato Paste |
|  1 Delicata Squash | |
|  2 Scallions | |
|  2 Tbsps Savory Tomato Chutney | |



Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.
blueapron.com/wine

1 Prepare the ingredients

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the ends of the **squash**. Halve lengthwise; using a spoon, scoop out and discard the pulp and seeds, then medium dice.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.



2 Roast the squash

- Place the **diced squash** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 17 to 19 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



3 Cook the rice

- Meanwhile, in a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



4 Start the chicken & sauce

- Once the squash has roasted about 10 minutes, pat the **chicken** dry with paper towels. Season with salt and pepper.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned chicken** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.
- Add the **tomato paste**, **tomato chutney**, and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined.
- Add **½ cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined and the chicken is cooked through. Turn off the heat.



5 Finish & serve your dish

- To the pan of **cooked chicken and sauce**, add the **roasted squash** and **butter**. Cook on medium-high, stirring occasionally, 2 to 3 minutes, or until the butter is melted and combined.
- Taste, then season with salt and pepper if desired.
- Serve the **finished chicken and squash** over the **cooked rice**. Garnish with the **sliced green tops of the scallions**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 660, Total Carbohydrates: 71g, Dietary Fiber: 5g, Added Sugars: 0g, Total Fat: 26g, Saturated Fat: 10g, Protein: 40g, Sodium: 920mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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