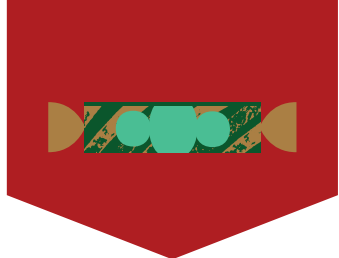







Roasted Butternut Squash & Wild Rice Medley

with Pomegranate Seeds, Feta and Almonds

Holiday

Start during the cooking intermission



-  Parsley and Thyme
-  Vegetable Broth Concentrate
-  Wild Rice Medley
-  Unsalted Butter
-  Garlic Salt
-  Butternut Squash, cubes
-  Almonds, sliced
-  Mushrooms
-  Leek, sliced
-  Feta Cheese, crumbled
-  Pomegranate Seeds
-  Oil*
-  Salt and Pepper*

HELLO WILD RICE

Despite its name, wild rice is actually a type of aquatic grass!

Start here

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

Bust out

2 Baking sheets, small bowl, measuring spoons, large bowl, large non-stick pan, aluminum foil, measuring cups, medium pot

Ingredients

	6 Person
Parsley and Thyme	14 g
Vegetable Broth Concentrate	1
Wild Rice Medley	½ cup
Unsalted Butter	3 tbsp
Garlic Salt	2 tsp
Butternut Squash, cubes	340 g
Almonds, sliced	28 g
Mushrooms	227 g
Leek, sliced	113 g
Feta Cheese, crumbled	½ cup
Pomegranate Seeds	113 g
Oil*	
Salt and Pepper*	

* Pantry items

Allergens

Hey home cooks! Please refer to the nutrition facts and allergen note in your box for the most up-to-date nutrition/allergen info.

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Cook wild rice medley

- Add **3 thyme sprigs, broth concentrate, wild rice medley, 1 tbsp butter, 1 cup water** and **half the garlic salt** to a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and simmer until **rice** is tender and **liquid** is absorbed, 24-28 min.
- Remove the pot from heat. Set aside, still covered.



Cook mushrooms and leeks

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **2 tbsp butter**, then swirl the pan until melted.
- Add **mushrooms**. Cook, stirring occasionally, until softened and golden, 3-4 min.
- Add **leeks**. Cook, stirring often, until tender, 3-4 min.
- Season with **remaining garlic salt** and **pepper**, to taste.
- Transfer **mushrooms and leeks** to a large bowl.



Roast squash

- Meanwhile, strip **1 tbsp thyme leaves** from stems, then finely chop.
- Add **squash, chopped thyme** and **1 tbsp oil** to an unlined baking sheet. Season with **pepper** and **¼ tsp salt**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 22-25 min.



Combine veggies and wild rice

- Add **squash** to the bowl with **mushrooms and leeks**.
- Carefully remove thyme sprigs from the pot with **wild rice medley**, then fluff **rice** with a fork.
- Transfer **rice** to the bowl with **veggies**.
- Drizzle **parsley-feta oil** over top, then stir to combine.
- Cover with foil and set aside until ready to serve.
- Increase the oven temperature to 475°F to cook **striploin roast**.



Toast almonds and prep

- Meanwhile, add **almonds** to another unlined baking sheet.
- Toast **almonds** in the **top** of the oven until golden-brown, 4-5 min. (**TIP:** Keep your eye on almonds so they don't burn!)
- Transfer **almonds** to a plate.
- Meanwhile, thinly slice **mushrooms**.
- Finely chop **parsley**.
- Combine **half the parsley, half the feta, ⅛ tsp salt** and **2 tbsp oil** in a small bowl. (**TIP:** Use extra virgin olive oil for best results!) (**NOTE:** This is your parsley-feta oil.)



Finish and feast

- Before serving, add **pomegranate seeds** and **half the almonds** to the bowl with **rice and veggies**, then stir to combine.
- Transfer **squash and rice medley** to a serving platter.
- Sprinkle **remaining feta, remaining parsley** and **remaining almonds** over top.