



Warm Grain & Squash Salad

with Brown Butter Vinaigrette



30-40min



2 Servings

This is a grain bowl meets salad that has it all: roasted pieces of butternut squash and red onion, chewy grains, sweet-tart dried apricots, creamy goat cheese, fresh spinach, and crunchy roasted salted pumpkin seeds. A warm, nutty brown-butter vinaigrette brings it all together. Autumn in a bowl. Cook, relax, and enjoy!

What we send

- red onion
- butternut squash cubes
- baby spinach
- whole grain mustard ¹⁷
- roasted, salted pumpkin seeds
- apple cider vinegar

What you need

- coarse kosher salt
- freshly ground pepper

Tools

- rimmed baking sheet
- small skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

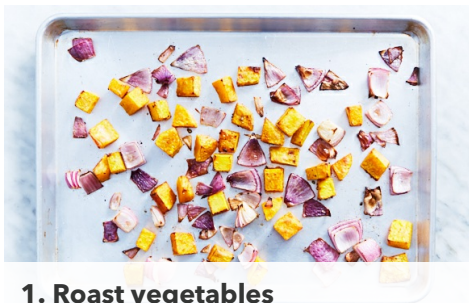
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

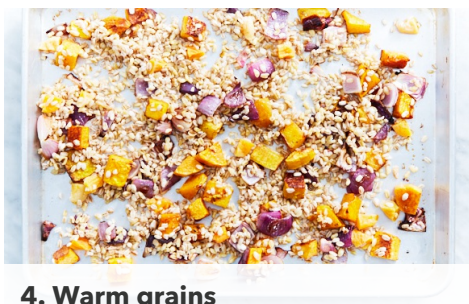
Nutrition per serving

Calories 810kcal, Fat 43g, Carbs 82g, Proteins 20g



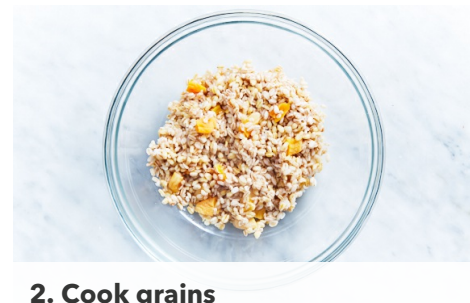
1. Roast vegetables

Preheat oven to 450°F. Bring a medium pot of **salted water** to a boil. Cut **squash** into ¾-inch pieces. Trim ends from **onion**, halve, peel, cut into 1-inch pieces. In a medium bowl, toss squash, onion, **2 tablespoons oil**, **½ teaspoon salt**, and **a few grinds pepper**. Transfer to a rimmed baking sheet; roast on top rack until tender, 18-20 minutes.



4. Warm grains

Transfer **grains** and **apricots** to baking sheet with **vegetables**. Toss gently to combine. Bake for 2-3 minutes, until grains are warm.



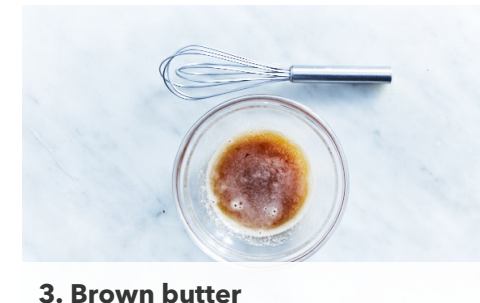
2. Cook grains

Meanwhile, cut **apricots** into quarters. Add to boiling water along with **grains blend**. Cook until grains are al dente, about 10 minutes. Drain, shaking out water.



5. Make vinaigrette

In a small bowl, whisk **cider vinegar** and **mustard**. In a slow, steady stream, whisk in **brown butter and oil mixture**; season to taste with **salt and pepper**.



3. Brown butter

In a small skillet, melt **butter** over medium-high, swirling skillet occasionally, until starting to brown, 3-4 minutes. Immediately, scrape into a small bowl and whisk with **1 tablespoon oil**.



6. Make salad

Transfer **grains** and **roasted vegetables** to a large bowl. Add **brown butter vinaigrette** and **spinach**, tossing gently to coat. Crumble **goat cheese** into salad along with **half of the pumpkin seeds**. Toss again. Transfer to a platter. Garnish with **remaining pumpkin seeds**. Enjoy!