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## Butternut Squash Protein Bowl

with Beans, Walnuts, and Feta

This dish is packed with almost every protein-dense ingredient we could think of—walnuts, Greek yogurt, spinach, beans, AND feta! It's not only healthy and satisfying—it's delicious to boot!

35 min

level 1

gluten free

veggie



Butternut Squash



Spinach



Red Onions



Basil



Walnuts



Dried Oregano



Greek Yogurt



Feta



Kidney Beans



Dijon Mustard

## Ingredients

	2 People	4 People
Butternut Squash	8 oz	16 oz
Spinach	5 oz	10 oz
Red Onions	1	2
Basil	½ oz	1 oz
Walnuts 1)	1 oz	2 oz
Dried Oregano	1 t	2 t
Greek Yogurt 2)	2 T	4 T
Feta 2)	½ c	1 c
Kidney Beans	1 box	2 boxes
Dijon Mustard	1 t	2 t
Olive Oil*	1 T	2 T

\*Not Included

## Allergens

1) Nuts

2) Milk

## Tools

Baking Sheet,  
Large Bowl, Strainer

Ruler

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**Nutrition per person** Calories: 543 cal | Fat: 24 g | Sat. Fat: 6 g | Protein: 28 g | Carbs: 50 g | Sugar: 6 g | Sodium: 636 mg | Fiber: 20 g

Make sure to wash and dry produce before prepping or cooking!

1



**1 Prep the ingredients:** Preheat the oven to 425 degrees. Halve, peel, and thinly slice the **onion** into ½-inch wedges. Finely chop the **basil**. Drain and rinse the **beans**.

2



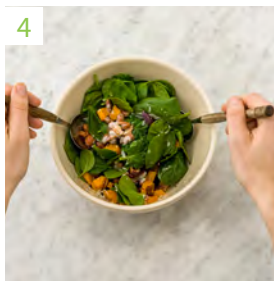
**2 Roast the butternut squash:** Toss the **butternut squash** and **onion wedges** on a baking sheet with the **oregano**, a drizzle of **oil**, and a pinch of **salt** and **pepper**. Place in the oven for 25-30 minutes, tossing halfway through cooking, until golden brown.

3



**3 Make the yogurt dressing:** In a large bowl, combine the **basil**, **yogurt**, **Dijon mustard**, and a large drizzle of **olive oil**. Season with **salt** and **pepper**.

4



**4** When the **squash** and **onions** are done, toss them into the **yogurt dressing** with the **beans** and **spinach**. Season with **salt** and **pepper**. **TIP:** You can thin the dressing to your desired consistency with a teaspoon or two of water.

**5 Plate:** Divide between bowls and sprinkle with **walnuts** and **feta**. Enjoy!