



Serrano Ham and Butternut Squash Linguine with Tenderstem® Broccoli and Creme Fraiche

Classic 35-40 Minutes • 5 of your 5 a day

45



Butternut Squash



Red Onion



Tenderstem® Broccoli



Garlic Clove



Serrano Ham



Linguine



Chicken Stock Paste



Creme Fraiche



Serrano Ham

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, garlic press, colander, frying pan, kitchen paper and lid.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash**	1	1	2
Red Onion**	1	1	2
Tenderstem® Broccoli**	80g	150g	150g
Garlic Clove**	1	2	2
Serrano Ham**	3 slices	4 slices	6 slices
Linguine 13	180g	270g	360g
Chicken Stock Paste	10g	15g	20g
Crème Fraîche** 7)	150g	225g	300g
Serrano Ham**	3 slices	4 slices	6 slices
Pantry	2P	3P	4P
Reserved Pasta Water*	125ml	190ml	250ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	605g	100g	628g	100g
Energy (kJ/kcal)	3220 / 770	532 / 127	3429 / 822	548 / 131
Fat (g)	28.4	4.7	30.5	4.9
Sat. Fat (g)	16.0	2.6	16.6	2.6
Carbohydrate (g)	102.4	16.9	102.4	16.3
Sugars (g)	24.8	4.1	24.8	4.0
Protein (g)	28.6	4.7	36.9	5.9
Salt (g)	2.40	0.40	3.75	0.60

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Butternut

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 2cm chunks.

Pop the **diced butternut squash** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden and cooked through, 25-30 mins. Turn halfway through.



Bring on the Veg

While your **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.

When hot, lay the **Serrano ham** in the pan and fry until crisp, 2-3 mins each side, then transfer to a plate covered in kitchen paper and set aside.

Add a drizzle more **oil** to the pan, then add the **onion**. Stir-fry until softened, 4-5 mins.

Add the **broccoli** and stir-fry for 2-3 mins, then add a splash of **water**. Pop a lid on the pan or cover in foil and cook until tender, another 2-3 mins.

CUSTOM RECIPE

If you've chosen to double up on **Serrano ham**, cook the recipe in the same way.



Get Prepped

While the **butternut squash** roasts, bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt** for the **linguine**.

Halve, peel and thinly slice the **red onion**. Cut the **Tenderstem® broccoli** in half widthways. Peel and grate the **garlic** (or use a garlic press).

Roughly tear the **Serrano ham** into large pieces.



Make your Creamy Sauce

Once the **broccoli** is tender, remove the lid, stir in the **garlic** and cook for 30 secs.

Pour the **reserved pasta water** and **chicken stock paste** into the pan, then stir in the **crème fraîche** and **Serrano ham**.

Bring to the boil, then remove from the heat.



Cook the Pasta

When your pan of **water** is boiling, add the **linguine** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, reserve some of the **pasta water** (see pantry for amount), then drain in a colander and pop back into the pan.

Drizzle with **oil** and stir through to stop it sticking together.



Finish and Serve

Add the **cooked pasta** and **roasted butternut squash** to the **sauce**.

Taste and add **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.

Toss gently to coat, then serve your **butternut squash linguine** in large bowls.

Enjoy!