



# Butternut Squash Mac and Cheese with a Crispy Sage Crumb

Pride Month Special 35-40 Minutes • 1 of your 5 a day

19



Diced Butternut Squash



Roasted Spice and Herb Blend



Macaroni



Sage



Breadcrumbs



Mature Cheddar Cheese



Vegetable Stock Paste



Creme Fraiche



Dijon Mustard



Grated Hard Italian Style Cheese



British Smoked Bacon Lardons

In collaboration with



This recipe is part of our partnership with akt. By choosing this recipe you're supporting LGBTQ+ young people aged 16-25 in the UK, who are experiencing homelessness or living in a hostile environment\*. Find out more at [akt.org.uk](http://akt.org.uk)

### Pantry Items

Oil, Salt, Pepper, Olive Oil, Butter, Plain Flour

### 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, colander, bowl, grater and ovenproof dish.

## Ingredients

Ingredients	2P	3P	4P
Diced Butternut Squash**	300g	450g	600g
Roasted Spice and Herb Blend	1 sachet	1 sachet	1 sachet
Macaroni <b>13)</b>	180g	270g	360g
Sage**	1 bunch	1 bunch	1 bunch
Breadcrumbs <b>13)</b>	25g	35g	50g
Mature Cheddar Cheese** <b>7)</b>	60g	80g	120g
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Creme Fraiche** <b>7)</b>	150g	225g	300g
Dijon Mustard <b>9)</b> <b>14)</b>	10g	15g	20g
Grated Hard Italian Style Cheese** <b>7)</b> <b>8)</b>	20g	40g	40g
British Smoked Bacon Lardons**	90g	120g	180g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Olive Oil for the Crumb*	2 tbsp	3 tbsp	4 tbsp
Butter*	20g	30g	40g
Plain Flour*	1½ tbsp	2 tbsp	3 tbsp
Water for the Sauce*	200ml	300ml	400ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	507g	100g	552g	100g
Energy (kJ/kcal)	4273 / 1021	844 / 202	4760 / 1138	863 / 206
Fat (g)	56.3	11.1	65.5	11.9
Sat. Fat (g)	30.2	6.0	33.0	6.0
Carbohydrate (g)	98.6	19.5	99.5	18.0
Sugars (g)	12.6	2.5	12.6	2.3
Protein (g)	29.2	5.8	36.9	6.7
Salt (g)	2.71	0.54	3.94	0.71

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

## Allergens

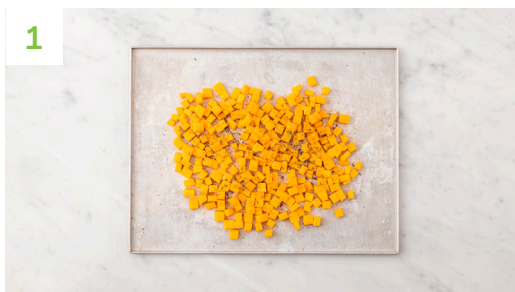
**7)** Milk **8)** Egg **9)** Mustard **10)** Celery **13)** Cereals containing gluten **14)** Sulphites

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



## Roast the Butternut

Preheat your oven to 240°C/220°C fan/gas mark 9.

Pop the **diced butternut** onto a large baking tray. Drizzle with **oil**, then sprinkle over the **roasted spice and herb blend**. 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 the **butternut** on the top shelf until golden and cooked through, 18-20 mins. Turn halfway through.



## Get Cheesy

Melt the **butter** (see pantry for amount) in another large saucepan on medium-high heat. Once hot, stir in the **flour** (see pantry for amount). Cook until it forms a paste, 1-2 mins - you've made a **roux**!

Stir in the **water for the sauce** (see pantry for amount) a little at a time, followed by the **veg stock paste**. Bring to the boil, stir and simmer until thickened, 1-2 mins. Stir in the **creme fraiche**, then remove from the heat.

Add the **Dijon mustard** (add less if you prefer), **Cheddar** and **hard Italian style cheese**. Stir until melted. Season with **salt** and **pepper**.



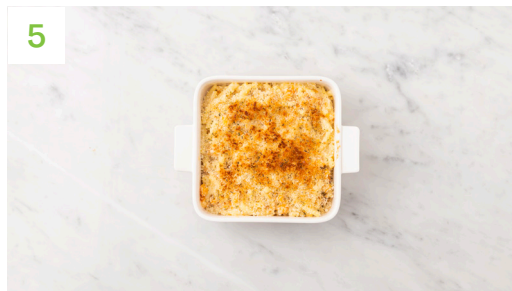
## Cook the Macaroni

Meanwhile, bring a large saucepan of **water** to the boil with ½ **tsp salt**.

When your **water** is boiling, stir the **macaroni** into the pan and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.

While everything cooks, pick the **sage leaves** from their stalks and finely chop (discard the stalks).



## Combine and Grill

When the **butternut** is ready, remove it from the oven and turn your grill on to high.

Stir the **butternut** into the **cheese sauce** along with the **cooked macaroni**. Add a splash of **water** if it's a little thick. Taste and season with **salt** and **pepper** if needed.

Transfer the **pasta mixture** to an appropriately sized ovenproof dish. Sprinkle over the **sage crumb**, then pop it under the grill until golden and bubbling, 2-3 mins.

## CUSTOM RECIPE

When the **cheese sauce** is ready, stir the **lardons** and **butternut** into the **sauce** along with the **pasta**.



## Oh Crumbs

In a small bowl, combine the **sage leaves**, **breadcrumbs** and **olive oil for the crumb** (see pantry for amount). Season with **salt** and **pepper**, then set aside your **sage crumb**.

Grate the **Cheddar cheese**.

## CUSTOM RECIPE

If you're adding **bacon**, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **lardons**. Stir-fry, 4-5 mins. Set aside. **IMPORTANT: Wash hands and utensils after handling raw meat. Cook it thoroughly.**



## Serve

When everything's ready, share the **butternut squash mac and cheese** between your serving bowls and get stuck in.

## Enjoy!