



Family Favourite Serrano and Butternut Linguine

with Tenderstem® Broccoli and Creme Fraiche

3

Family 35-40 Minutes • 2 of your 5 a day



Butternut Squash



Red Onion



Tenderstem® Broccoli



Garlic Clove



Serrano Ham



Linguine



Chicken Stock Paste



Creme Fraiche



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper

+ Add Chicken Breast

If you chose to add diced chicken breast, 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	1
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
Crema Fraiche** 7	150g	225g	300g
Diced British Chicken Breast**	240g	390g	480g

Pantry	2P	3P	4P
Reserved Pasta Water*	125ml	190ml	250ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	668g	100g	798g	100g
Energy (kJ/kcal)	3234 / 773	484 / 116	3881 / 928	487 / 116
Fat (g)	28.4	4.2	30.7	3.8
Sat. Fat (g)	16.0	2.4	16.7	2.1
Carbohydrate (g)	102.4	15.3	102.5	12.9
Sugars (g)	24.5	3.7	24.6	3.1
Protein (g)	28.7	4.3	60.1	7.5
Salt (g)	2.40	0.36	2.59	0.32

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, 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.

Contact

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Roast the Squash

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 small 1cm chunks. Pop 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 of the oven until golden and tender, 25-30 mins. Turn halfway through.



Bring on the Veg

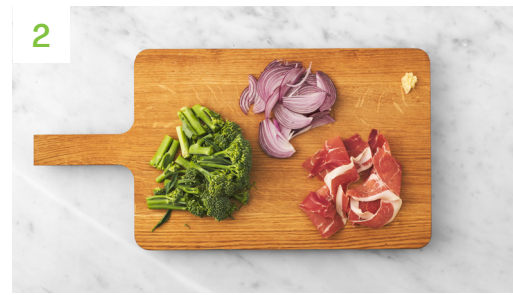
Once the **oil** is hot, lay the **Serrano** in the pan and fry until crispy, 2-3 mins each side, then transfer to a plate covered in kitchen paper and set aside.

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. Add a splash of **water** and cover with a lid (or foil) and allow to cook until tender, 4-6 mins more. Season with **salt** and **pepper**.

+ Add Chicken Breast

If you're adding **chicken**, add it to the pan before the **veg**. Fry, 8-10 mins, then set aside. Add to the **sauce** in the final step. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Get Prepped

While the **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** into thirds. Peel and grate the **garlic** (or use a garlic press).

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



Make your Creamy Sauce

Once the **veg** 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 **creme fraiche** and **Serrano ham**.

Bring to the boil, then remove from the heat.



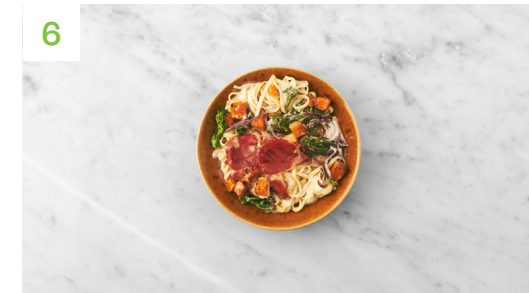
Cook the Pasta

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.

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



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 in the **sauce**, then serve your **linguine** in large bowls.

Enjoy!