



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

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

3



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

This is a Custom recipe. If you chose to swap, upgrade 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, lid and aluminium foil.

## 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 <b>13</b>	180g	270g	360g
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7	150g	225g	300g
Serrano Ham**	6 slices	8 slices	12 slices

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

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	605g	100g
Energy (kJ/kcal)	3183/761	526/126
Fat (g)	28.6	4.7
Sat. Fat (g)	17.4	2.9
Carbohydrate (g)	99.7	16.5
Sugars (g)	23.0	3.8
Protein (g)	28.2	4.7
Salt (g)	2.42	0.40

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	628g	100g
Energy (kJ/kcal)	3402/813	541/130
Fat (g)	30.7	4.9
Sat. Fat (g)	18.0	2.9
Carbohydrate (g)	99.7	15.9
Sugars (g)	23.0	3.7
Protein (g)	36.5	5.8
Salt (g)	3.77	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 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 - you want them small so they cook faster. 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

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 - fry in batches if necessary.



## 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** in half widthways. Peel and grate the **garlic** (or use a garlic press).

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



## Make your 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 **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.



## 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 **linguine** in large bowls.

## Enjoy!