



CREAMY BUTTERNUT SQUASH & KALE CAVATAPPI

with Toasted Panko & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Butternut Squash



1 | 2
Shallot



1 Clove | 2 Cloves
Garlic



4 oz | 8 oz
Kale



6 oz | 12 oz
Cavatappi Pasta
Contains: Wheat



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



1 | 2
Veggie Stock
Concentrate



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chopped Chicken Breast
Calories: 1050



9 oz | 18 oz
Italian Chicken Sausage Mix
Calories: 1110



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 850



HELLO



CREAM SAUCE BASE

This rich mother sauce is a perfect base for adding flavor.

STIR THINGS UP

If your pan isn't big enough to fit all the chopped kale in Step 4, you can add it to the pot of cavatappi during the last minute of cooking instead.

BUST OUT

- Large pot
- Small bowl
- Baking sheet
- Strainer
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
(1 tsp | 1 tsp)  
- Butter (3 TBSP | 5 TBSP)
Contains: Milk

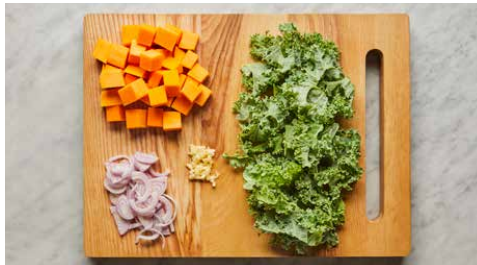
MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Cut **butternut squash** into bite-size pieces if necessary. Halve, peel, and thinly slice **shallot**. Peel and mince or grate **garlic**. Remove and discard any large stems from **kale**; chop into bite-size pieces.



4 COOK VEGGIES

- Heat a **drizzle of oil** in pan used for panko over medium-high heat. Add **shallot** and a **pinch of salt**; cook, stirring, until slightly softened, 2-3 minutes.
- Stir in **garlic** and cook until fragrant, 30 seconds.
- Reduce heat under pan to medium. Stir in **kale** and a **splash of water**; cook, stirring and adding more splashes of water as needed, until kale is tender and water has evaporated, 5-7 minutes.

-  Use pan used for chicken or  sausage here.



2 ROAST SQUASH & TOAST PANKO

- Toss **butternut squash** on a baking sheet with a **drizzle of oil**, **salt**, and **pepper**. Roast on top rack, tossing halfway through, until browned and tender, 20-25 minutes.
- Meanwhile, melt **1 TBSP butter** (2 TBSP for 4 servings) in a large pan over medium heat. Add **panko**, **salt**, and **pepper**. Toast, stirring, until golden, 2-3 minutes. Transfer to a small bowl and set aside. Turn off heat; wipe out pan.




5 MAKE SAUCE

- Add **cream sauce base**, **stock concentrate**, and **¼ cup reserved pasta cooking water** (½ cup for 4 servings) to pan with kale. Cook, stirring, until thickened, 2-3 minutes.
- Remove pan from heat; stir in **sour cream**, **Parmesan**, and **2 TBSP butter** (3 TBSP for 4) until melted and combined. Season with **salt** and **pepper**.





3 COOK PASTA


- Once water is boiling, add **cavatappi** and cook, stirring occasionally, until al dente, 9-11 minutes. Reserve **1 cup pasta cooking water** (1½ cups for 4 servings), then drain.

-  Open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in pan used for panko over medium-high heat. Add chicken or **sausage*** and season with **salt** and **pepper**. Cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wash out pan.



6 FINISH & SERVE

- Stir **drained cavatappi** and **squash** into pan with **sauce** until thoroughly coated. **TIP: If sauce is too thick, add more pasta cooking water and a drizzle of olive oil.**
 - Divide **pasta** between plates and top with **toasted panko**. Serve.
-  Stir **chicken** or **sausage** into **sauce**
 -  along with **drained cavatappi**.

 *Chicken is fully cooked when internal temperature reaches 165°.

 *Chicken Sausage is fully cooked when internal temperature reaches 165°.