



# 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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## HelloCustom

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



10 oz | 20 oz  
Ground Turkey

Calories: 1100



9 oz | 18 oz  
Italian Chicken  
Sausage Mix

Calories: 1100



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 840





# HELLO FRESH

## HELLO

### CREAM SAUCE

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

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Ⓢ \*Ground Turkey is fully cooked when internal temperature reaches 165°.  
Ⓢ \*Chicken Sausage is fully cooked when internal temperature reaches 165°.



### 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.



### 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, 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.

- Ⓢ Heat a **drizzle of oil** in pan used for panko over medium-high heat. Add **turkey\* or sausage\*** and season with **salt and pepper**. Cook, breaking up meat into pieces, 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 **turkey** or **sausage** into sauce along with drained cavatappi.