



Squash & Sage 'Gratin'

with Kale



BALANCED 35 Minutes • Under 600 Calories • Little Heat • 3 of your 5 a day • Veggie



Butternut Squash



Leek



Chestnut Mushrooms



Garlic Clove



Sage



Lemon



Chilli Flakes



Vegetable Stock Powder



Kale



Crème Fraîche



Wholegrain Mustard



Panko Breadcrumbs



Honey



Premium Baby Leaf Mix

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Baking Tray, Fine Grater (or Garlic Press), Large Frying Pan, Measuring Jug, Ovenproof Dish and Large Bowl.

Ingredients

	2P	3P	4P
Butternut Squash**	1 small	1 small	1 large
Leek**	1	2	2
Chestnut Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Garlic Clove**	2 cloves	3 cloves	4 cloves
Sage**	1 bunch	1 bunch	1 bunch
Lemon**	½	¾	1
Chilli Flakes	a pinch	a pinch	a pinch
Water*	100ml	150ml	200ml
Vegetable Stock Powder (10)	1 sachet	1½ sachets	2 sachets
Kale**	1 small bag	¾ large bag	1 large bag
Crème Fraîche (7)**	150g	225g	300g
Wholegrain Mustard (9)	1 pot	1½ pots	2 pots
Panko Breadcrumbs (13)	10g	25g	25g
Honey	1 sachet	1½ sachets	2 sachets
Premium Baby Leaf Mix**	1 bag	1½ bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	595g	100g
Energy (kJ/kcal)	1584/379	266/64
Fat (g)	25	4
Sat. Fat (g)	11	2
Carbohydrate (g)	40	7
Sugars (g)	22	4
Protein (g)	11	2
Salt (g)	1.15	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 10) Celery 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Roast the Squash

Preheat your oven to 200°C. Trim the **butternut squash** then halve lengthways and scoop out the **seeds**. Chop it widthways into 2cm lengths, then chop into 2cm chunks (no need to peel!). Pop on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until soft and golden, 25-30 mins, turning halfway.



4. Assemble the Gratin

Stir the **crème fraîche** and **mustard** into the **veg**. Bring to the boil then remove from the heat. When the **squash** is done, remove from the oven and stir into the **veg**. Season to taste with **salt** and **pepper**. Transfer the **mixture** to an ovenproof dish and sprinkle with the **panko breadcrumbs**. Bake on the top shelf of your oven until the topping is golden, 6-8 mins. **TIP: For really golden crumbs, mix a splash of oil through them before sprinkling.**

BALANCED RECIPE

Under 600 Calories • Low Sugar

Featured Ingredient: Butternut squash, is a good source of vitamin A, especially beta carotene, which gives the butternut squash its rich orange colour. Vitamin A contributes to the maintenance of normal vision.



2. Prep

Meanwhile, trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice widthways. Roughly chop the **chestnut mushrooms**. Peel and grate the **garlic** (or use a garlic press). Pick the **sage leaves** from their stalks and roughly chop (discard the stalks). Chop the **lemon** in half.



5. Salad

Meanwhile, squeeze the **lemon juice** into a bowl, add the **honey** and a drizzle of **oil**. Stir together. Add the **baby leaf mix** and toss to combine.



3. Start the Filling

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **mushrooms** and **leeks** and cook, stirring, until soft, 4-5 mins. Stir in the **garlic**, **sage** and a pinch of **chilli flakes** (careful they're hot!) and cook for another minute. Pour in the **water** (see ingredients for amount) and stir in the **vegetable stock powder**. Stir in the **kale** a handful at a time and simmer until wilted, 4-5 mins.



6. Serve

Serve the **gratin** with a good helping of **salad** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.