



BUTTERNUT SQUASH & CAULIFLOWER GRATIN

with Green Beans and Tomato Salad



HELLO CAULIFLOWER

Cauliflower comes in a variety of colours, green ones are referred to as broccoflowers!



Butternut Squash



Cauliflower Florets



Echalion Shallot



Garlic Clove



Green Beans



Cheddar Cheese



Baby Plum Tomatoes



Plain Flour



Crème Fraîche



Vegetable Stock Powder



Dijon Mustard



Panko Breadcrumbs



Dried Thyme

MEAL BAG
12

Hands on: **35 mins**
Total: **45 mins**

3 of your
5 a day

Family Box



Veggie

In this recipe, Chef Lizzy adds panko breadcrumbs to create the gratin. Roasted butternut squash is wonderfully sweet and tender and is great paired with cauliflower. The butternut squash and cauliflower is mixed gently into the cheesy creamy sauce. Serve the finished gratin with a good helping of green beans and tomato salad.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Baking Trays, Fine Grater (or Garlic Press), Coarse Grater, Large Frying Pan, Measuring Jug, Ovenproof Dish, Large Saucepan** and **Colander**. Now, let's get cooking!



1 ROAST THE VEG

Preheat the oven to 200°C. Trim the **squash** then halve lengthways (no need to peel). Scoop out the seeds. Chop it into 2cm chunks. Pop onto a large baking tray. Drizzle with **oil**, a pinch of **salt** and **pepper**, toss to coat, then roast on the top shelf of your oven to roast until tender and golden.



2 COOK THE CAULI

Meanwhile, pop the **cauliflower** onto another tray. Season with **salt** and **pepper**. Drizzle with **oil**, toss to coat, then roast on the middle shelf of your oven until tender and starting to char, 20-25 mins. Turn both the **veg** halfway through cooking. In the meantime, halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans**. Grate the **cheddar cheese**. Halve the **baby plum tomatoes**.



3 MAKE THE SAUCE

Pop the **tomaotes** in a large salad bowl and drizzle with **oil**, a pinch of **salt** and **pepper**. Set aside. Heat a drizzle **oil** in a large frying pan or saucepan over medium heat. Once hot, stir in the **shallot** along with a pinch of **salt**. Cook until softened, 4-5 mins, stirring frequently, then add the **garlic**. Stir and cook for 1 minute more, then add another drizzle of **oil** to the pan.



4 MAKE THE ROUX

Stir in the **flour** to coat everything evenly. Cook for 30 seconds then, gradually, stir in the **creme fraiche** and **water** for the sauce (see ingredients for amount). Add the **stock powder** and stir to dissolve. Bring to the boil, stirring constantly till smooth, then bubble until thickened, 1-2 mins. Remove from the heat. Stir in the **mustard** (careful, it's hot!) and the **cheese** until melted. Season to taste with **salt** and **pepper**.



5 ASSEMBLE

Pop the **panko breadcrumbs, dried thyme** and **oil** for the topping into a small bowl. Add a pinch of **salt** and stir to combine. When the **cauliflower** and **squash** are ready, spoon them into the **cheesy sauce** and mix gently to combine. Transfer into an ovenproof dish. Sprinkle over the **herby breadcrumbs**. Pop the dish onto the top shelf of the oven and cook until the the top is golden, 10-15 mins.



6 FINISH AND SERVE

In the meantime, bring a large saucepan of **water** to the boil. Once boiling add the **green beans** and a pinch of **salt**. Cook until tender, 3-4 mins, then drain in a colander and set aside to cool slightly. When ready to serve, toss the **green beans** into the bowl with the **tomatoes** mix to combine. Once the **gratin** is out of the oven, share between your plates with the **green bean** and **tomato salad** on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Butternut Squash *	1 small	1 large	2 small
Cauliflower Florets *	1 small pack	1 medium pack	1 large pack
Echalion Shallot *	1	1½	2
Garlic Clove *	1	2	2
Green Beans *	1 small pack	1 large pack	1 large pack
Cheddar Cheese 7) *	1 block	2 blocks	2 blocks
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Plain Flour 13)	24g	32g	48g
Crème Fraîche 7) *	1 pouch	1½ pouches	2 pouches
Water for the Sauce*	250ml	375ml	500ml
Vegetable Stock Powder:	1 sachet	1½ sachets	2 sachets
Dijon Mustard 9)	½ pot	¾ pot	1 pot
Panko Breadcrumbs 13):	10g	15g	20g
Dried Thyme	½ pot	¾ pot	1 pot
Olive Oil*	1	1½	2

*Not Included * Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 668G	PER 100G
Energy (KJ/ kcal)	2186/ 523	327/ 78
Fat (g)	34	5
Sat. Fat (g)	15	2
Carbohydrate (g)	47	7
Sugars (g)	20	3
Protein (g)	15	2
Salt (g)	1.41	0.21

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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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