



# Rigatoni in Roasted Butternut Squash Sauce with Kale and Stracciatella

VEGGIE 30 Minutes



-  Butternut Squash, cubes
-  Rigatoni
-  Stracciatella
-  Garlic
-  Onion, chopped
-  Kale, chopped
-  Italian Seasoning
-  Parmesan Cheese
-  Sour Cream
-  Chili Flakes

## HELLO STRACCIATELLA

*A creamy version of unpulled fresh mozzarella!*

# Start Strong

Before starting, preheat the oven to 425°F and wash and dry all produce.

## Heat Guide for Step 6:

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

## Bust Out

Garlic Press, Large Non-Stick Pan, Large Pot, Potato Masher, Strainer, Measuring Cups, Measuring Spoons

## Ingredients

	2 Person	4 Person
Butternut Squash, cubes	340 g	680 g
Rigatoni	170 g	340 g
Stracciatella	100 g	200 g
Garlic	9 g	18 g
Onion, chopped	56 g	113 g
Kale, chopped	56 g	113 g
Italian Seasoning	1 tbsp	2 tbsp
Parmesan Cheese	28 g	56 g
Sour Cream	6 tbsp	¾ cup
Chili Flakes	1 tsp	2 tsp
Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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### 1. ROAST SQUASH

Toss the **squash** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **half the Italian seasoning, salt and pepper**. Roast in **centre** of oven, stirring halfway through, until golden-brown and tender, 22-24 min.



### 4. MAKE SAUCE

Transfer **squash** to the pot from Step 2. Using a potato masher, mash the **squash**. Stir in the **reserved pasta water, stracciatella and half the Parmesan**. Heat over medium-high heat. Cook, until thickened slightly, 2-3 min. Season with **salt and pepper**.



### 2. COOK RIGATONI

Add **10 cups water** and **2 tsp salt** to a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Add **rigatoni** to the pot of **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min. Reserve **½ cup pasta water** (dbl for 4 ppl), then drain and set aside.



### 5. ASSEMBLE PASTA

Add **kale-onion mixture, rigatoni and sour cream** to the large pot with the **butternut squash sauce**. Toss to combine.



### 3. COOK VEGGIES

While the **squash** cooks, peel, then mince or grate **garlic**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then the **onions**. Cook, stirring occasionally, until softened, 2-3 min. Add the **kale, garlic and remaining Italian seasoning**. Cook, stirring often, until wilted, 1-2 min. Transfer **veggies** to a plate and cover to keep warm.



### 6. FINISH AND SERVE

Divide the **rigatoni** in **roasted garlic butternut squash sauce** between bowls. Sprinkle over **remaining Parmesan**. Sprinkle over **¼ tsp chili flakes** (dbl for 4 ppl). (**NOTE:** Reference Heat Guide in Start Strong.)

## Dinner Solved!