



# BUTTERNUT & SAGE GRATIN

with Cavolo Nero and Baby Leaf Salad



## HELLO BUTTERNUT SQUASH

*It is claimed that the name of this gourd comes from "smooth as butter, sweet as nut".*



Butternut Squash



Onion



Chestnut Mushrooms



Garlic Clove



Sage



Creme Fraiche



Vegetable Stock Powder



Cavolo Nero



Panko Breadcrumbs



Italian Style Grated Hard Cheese



Baby Leaf Mix

MEAL BAG 5

- 40 mins
- 2.5 of your 5 a day
- Veggie

Some evenings you just need to come home to warm, comforting dishes like this one. Creamy roasted veggies with a golden crunchy topping, this recipe is vegetarian comfort food at its very best. Whilst the classic flavour combination of butternut squash and sage speaks for itself, the showstopping element of this dish lies in that cheesy crumb! Trust us, you'll be dreaming about it for days to come.

## BEFORE YOU START

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



### 1 ROAST THE BUTTERNUT

Preheat your oven to 200°C. Halve the **butternut squash** lengthways (no need to peel) and scoop out the seeds. Chop into 1cm cubes and lay on a baking tray. Drizzle over a little **oil** and season with **salt** and **pepper**. Toss to coat, then spread out evenly and roast on the top shelf of your oven until soft and golden, 25-30 mins. **★ TIP:** Make sure the squash is cut nice and small or it'll take a little longer to cook.



### 2 PREP THE VEGGIES

Halve, peel and chop the **onion** into small pieces. Thinly slice the **mushrooms**. Peel and grate the **garlic** (or use a garlic press). Pick the **sage leaves** from their stalks and finely chop (discard the stalks).



### 3 COOK THE VEGGIES

Heat a glug of **oil** in a frying pan over medium heat. Cook the **mushrooms** until browned, 5-7 mins. Add the **onion** and cook until soft, 3-5 mins, then add the **garlic** and **half the sage**. Cook for 1 minute more. Stir in the **crème fraîche, stock powder, water** (see ingredients list for amount) and **cavolo nero**. Stir to dissolve the **stock powder**. Simmer until the **cavolo nero** has softened, 4-5 more mins. **★ TIP:** Add a splash of water if the mix looks a little too dry!



### 4 MAKE THE CRUMB

Next, make the crumb. Pop the remaining **sage** in a small bowl with the **panko breadcrumbs, cheese** and **olive oil** (see ingredients for amount). Season with **pepper**. Preheat your grill to high.



### 5 GRILL THE GRATIN

When the **butternut** is ready, remove from the oven and add it to the **creamy veggies**. Taste and add more **salt** and **pepper** if needed. Transfer to an ovenproof dish and sprinkle over the **cheesy crumb topping**. Pop under the grill until golden brown and crunchy, 3-5 mins.



### 6 FINISH AND SERVE

Meanwhile, pop the **baby leaves** in a large bowl and drizzle over the **olive oil** (see ingredients for amount). Season with **salt** and **pepper**. Toss together. Serve the **gratin** on plates with the **baby leaf salad** on the side. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Butternut Squash *	1 small	1 large	1 large
Onion *	1	1	2
Chestnut Mushrooms *	1 small punnet	1 large punnet	2 small punnets
Garlic Clove *	1	2	2
Sage *	½ bunch	¾ bunch	1 bunch
Crème Fraîche 7) *	150g	200g	300g
Vegetable Stock Powder 10)	½ sachet	1 sachet	1 sachet
Water*	50ml	75ml	100ml
Cavolo Nero *	1 small bag	1 medium bag	1 large bag
Panko Breadcrumbs 13)	20g	30g	40g
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ pack	2 packs
Olive Oil for the Crumb*	1½ tbsp	2 tbsp	3 tbsp
Olive Oil for the Salad*	1 tbsp	1½ tbsp	2 tbsp
Baby Leaf Mix	1 bag	1½ bags	2 bags

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 596G	PER 100G
Energy (kJ/kcal)	2477 / 592	415 / 99
Fat (g)	46	8
Sat. Fat (g)	16	3
Carbohydrate (g)	43	7
Sugars (g)	18	3
Protein (g)	17	3
Salt (g)	0.97	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 8) Egg 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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