



# BUTTERNUT SQUASH STEAKS

with Butterbean Mash, Garlicky Cavolo Nero and Lemon Breadcrumbs



BALANCED RECIPE



## HELLO BUTTERNUT SQUASH

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.



Butternut Squash



Premium Tomato Mix



Sage



Lemon



Thyme



Hazelnuts



Garlic Clove



Butter Beans



Vegetable Stock Powder



Panko Breadcrumbs



Chopped Cavolo Nero



Low Fat Crème Fraîche

MEAL BAG

45 mins

2.5 of your 5 a day

Veggie

Balanced

Under 550 calories

Low in sugar

Bright, delicious, and a rich source of Vitamin A and potassium, butternut squash is a great vegetable to use in vegetarian dishes like this one. In this recipe, we've roasted the squash 'steaks' with tomatoes and sage for a fresh, delicate flavour. Served with creamy butterbean mash, steamed cavolo nero (a type of kale), and a crunchy mix of panko breadcrumbs, thyme, hazelnuts and lemon zest, this wholesome dish is a guaranteed crowd-pleaser.

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## 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, Sieve, Measuring Jug, Large Saucepan (with Lid), Potato Masher, Large Frying Pan** (with a **Lid**) and some **Kitchen Paper**. Now, let's get cooking!



### 1 SQUASH TIME

Preheat your oven to 200°C. Trim the **butternut squash**. Halve lengthways, scoop out the seeds (no need to peel). Chop widthways into 2cm wide semicircles. Pop onto a baking tray. Halve the **tomatoes** then pick the **sage leaves** from their stalks and roughly chop (discard the stalks). Add to the tray with the **squash**. Drizzle everything with **olive oil**, season with **salt** and **pepper**. Toss to coat in the **oil** and seasoning.



### 4 CRUMBS!

Meanwhile, put a large frying pan on medium heat (no oil). Pop the **panko breadcrumbs, thyme, lemon zest** and **hazelnuts** into the pan with a pinch of **salt** and **pepper**. Toast until lightly golden, stirring often, 4-6 mins. Once coloured, transfer to a small bowl (keep the pan!).



### 2 GET PREPPED

Pop the baking tray on the middle shelf of the oven to roast until tender and golden, 25-30 mins. Turn halfway through cooking. **★ TIP: The tomatoes will collapse and caramelize - this is exactly what we want!** In the meantime, zest and halve the **lemon**. Pick the **thyme leaves** from their stalks and roughly chop (discard the stalks). Roughly chop the **hazelnuts**. Grate the **garlic** (or use a garlic press). Drain and rinse the **butter beans** in a sieve.



### 5 STEAM-FRY YOUR GREENS!

Wipe out the frying pan with some kitchen paper, return to medium heat and add the **cavolo nero** along with the **garlic**, a pinch of **salt** and **pepper** and a splash of **water**, then cover the pan with a lid or some tin foil. Cook on a medium-high heat until tender and wilted, 3-5 mins. When done, stir in the **crème fraîche** and a squeeze of **lemon juice** to taste.



### 3 MAKE THE MASH

Pour the **water** (see ingredients for amount) into a large saucepan on high heat. Add the **butter beans** and **stock powder**. Stir to dissolve the **stock powder**, bring to the boil then reduce the heat to medium. Simmer until the **water** has almost disappeared, 10-15 mins, then use a potato masher to mash the **beans** into a smooth paste. Season to taste with **salt** and **pepper**. Cover with a lid to keep warm until ready to serve.



### 6 SERVE

When you are ready to serve, divide the **butter bean mash** and **creamy cavolo nero** between your plates. Place the **roasted veggies** on top then sprinkle over the **lemon** and **thyme breadcrumbs**. **Dig in!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Butternut Squash *	1 medium	1 large	2 medium
Premium Tomato Mix	1 small punnet	¾ large punnet	1 large punnet
Sage *	1 bunch	1 bunch	1 bunch
Lemon *	½	1	1
Thyme *	4 sprigs	6 sprigs	8 sprigs
Hazelnuts 2)	1 small bag	1 large bag	1 large bag
Garlic Clove *	1	1	1
Butter Beans	1 carton	1½ cartons	2 cartons
Water*	200ml	300ml	400ml
Vegetable Stock Powder 10)	½ sachet	¾ sachet	1 sachet
Panko Breadcrumbs 13)	10g	10g	20g
Chopped Cavolo Nero *	1 small bag	1 medium bag	1 large bag
Low Fat Crème Fraîche 7) *	75g	100g	150g

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 550G	PER 100G
Energy (kJ/kcal)	1517 / 363	276 / 66
Fat (g)	16	3
Sat. Fat (g)	5	1
Carbohydrate (g)	40	7
Sugars (g)	14	3
Protein (g)	14	2
Salt (g)	0.88	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

2) Nut 7) Milk 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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