



Serrano Ham, Parsley & Butternut Linguine

with Crème Fraîche

N° 3

CLASSIC 35 Minutes • 2 of your 5 a day



Butternut Squash



Red Onion



Tenderstem
Broccoli ®



Garlic Clove



Flat Leaf Parsley



Serrano Ham



Linguine



Chicken Stock Powder



Half Fat
Crème Fraîche

Before you start

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

Basic cooking tools you will need:

Baking Tray, Large Saucepan, Fine Grater (or Garlic Press), Colander, Large Frying Pan and Kitchen Paper.

Ingredients

	2P	3P	4P
Butternut Squash**	1	1	1
Red Onion**	1	1	2
Tenderstem Broccoli ***	1 small pack	1 large pack	1 large pack
Garlic Clove**	1 clove	2 cloves	2 cloves
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Serrano Ham**	4	6	8
Linguine 13)	200g	300g	400g
Reserved Pasta Water for the Sauce*	125ml	190ml	250ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Half Fat Crème Fraîche 7)**	150g	225g	300g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	548g	100g
Energy (kJ/kcal)	2858 /683	522/125
Fat (g)	16	3
Sat. Fat (g)	9	2
Carbohydrate (g)	103	19
Sugars (g)	19	4
Protein (g)	32	6
Salt (g)	2.66	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 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

HelloFresh UK

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You can recycle me!



1. Roast the Squash

Preheat the oven to 200°C. Trim the **butternut squash** then halve lengthways and scoop out the seeds. Chop it widthways into 1cm slices, then chop into 1cm chunks (no need to peel!). Pop the **squash** onto a baking tray, drizzle with **oil**, season with **salt** and **pepper**, toss to coat and arrange in a single layer. Roast on the top shelf of the oven until golden and tender, 25-30 mins. Turn halfway through.



2. Get Prepared

In the meantime, pop a large saucepan of water on to boil for the pasta. Half, peel and thinly slice the **onion**. Chop the **tenderstem broccoli** in half widthways. Peel and grate the **garlic** (or use a **garlic press**). Roughly chop the **parsley** (stalks and all). Roughly tear the **serrano ham slices** into large pieces.



3. Cook the Pasta

Once boiling, add the **linguine** (see ingredients for amount you need) to the **water** along with ½ tsp of **salt**. Cook for 12 mins, then drain in a colander reserving some **pasta water** to use for the sauce (see ingredients for amount) and return **linguine** to the pan with a drizzle of **oil** (this will stop it from sticking together!). Set to one side.



4. Start the Sauce

While your pasta cooks, heat a drizzle of **oil** in a large frying pan on medium high heat. Add the **serrano ham** in a single layer. Cook until the ham is golden, 2-3 mins on each side. Remove from the pan onto kitchen paper then add a drizzle more **oil** and the **onion**. Fry until beginning to soften, stirring occasionally, 4-5 mins. Add the **broccoli** and a small splash of **water** to the frying pan. Stir-fry until the **broccoli** is just tender, 4-5 mins.



5. Finish the Sauce

Stir in the **garlic** and cook for 30 seconds. Pour the **reserved pasta water** and **stock powder** into the pan with the **broccoli**. Stir in the **creme fraiche** and **parsley**, along with the **Serrano ham** and **onion mixture**. Bring to the boil, then remove from the heat.



6. You're Done

Finally, add the **drained pasta** and roasted **butternut squash** into the **sauce**. Taste and add **salt** and **pepper** if you feel it needs it. **TIP:** Add a splash of water if you feel it's necessary. Toss gently to coat, then serve in large bowls.

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.