



VEGETABLE & SAGE GRATIN

with Baby Leaves in Hazelnut Dressing



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



Leek



Chestnut Mushrooms



Garlic Clove



Thyme



Sage



Lemon



Chilli Flakes



Vegetable Stock Powder



Kale



Reduced-Fat Crème Fraîche



Wholegrain Mustard



Panko Breadcrumbs



Honey



Premium Baby Leaf Mix



Hazelnuts

MEAL BAG 8

35 mins

2 of your 5 a day

Little heat

Balanced

Under 550 calories

Low salt Low in salt

In this recipe, Chef Lizzy adds panko breadcrumbs to create the gratin but lays off the grated cheese for a lighter dish that still feels wholesome thanks to the earthy veggies. Roasted butternut squash is wonderfully sweet and tender and is great paired with leeks and mushrooms. Flavoured with thyme and sage, the two herbs harmonise well with the garlic and sweetness of the veg. Serve the finished gratin with a good helping of sweet, zesty and nutty salad.

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), Large Frying Pan, Measuring Jug** and **Ovenproof Dish**. Now, let's get cooking!



1 ROAST THE SQUASH

Preheat your oven to 200°C. Trim the **butternut squash** then halve lengthways (no need to peel!) and scoop out the seeds. Chop it widthways into 2cm lengths, then chop into 2cm cubes. Pop on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out and roast on the top shelf of your oven until soft and golden, 25-30 mins. Turn halfway through cooking.



4 FINISH THE FILLING

Stir the **crème fraîche** and **mustard** into the **veggies**, bring to the boil then remove from the heat. When the **squash** is done, remove from the oven and stir into the **veggies**. Season to taste with **salt** and **pepper**. Transfer the **mixture** to an ovenproof dish and sprinkle with the **panko breadcrumbs**. Bake on the top shelf of your oven until the topping is golden, 6-8 mins.

★ **TIP:** For really golden crumbs, mix a splash of oil through the crumbs before sprinkling.



2 DO THE PREP

While the **squash** is roasting, trim off the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice widthways. Roughly chop the **chestnut mushrooms**. Peel and grate the **garlic** (or use a garlic press). Pick the **thyme** and **sage leaves** from their stalks and roughly chop (discard the stalks). Chop the **lemon** in half.



5 SALAD TIME

Meanwhile, squeeze the **lemon juice** into a large bowl, add the **honey** and stir together. Add the **baby leaf mix** and **hazelnuts** and toss to combine.



3 START THE FILLING

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **mushrooms** and **leek** and cook, stirring, until soft, 4-5 mins. Stir in the **garlic**, **thyme**, **sage** and a pinch of **chilli flakes** and cook for another minute. Pour in the **water** (see ingredients for amount) and stir in the **stock powder**. Stir in the **kale** a handful at a time and simmer until wilted, 3-4 mins.



6 SERVE

Serve the **gratin** with a good helping of **salad** alongside. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Butternut Squash *	1	1	1
Leek *	1	2	2
Chestnut Mushrooms *	1 small punnet	1 large punnet	2 small punnets
Garlic Clove *	2	3	4
Thyme *	1 bunch	1 bunch	1 bunch
Sage *	1 bunch	1 bunch	1 bunch
Lemon *	½	¾	1
Chilli Flakes	a pinch	a pinch	a pinch
Water*	100ml	150ml	200ml
Vegetable Stock Powder (10)	1 sachet	1½ sachets	2 sachets
Kale *	1 small bag	¾ large bag	1 large bag
Reduced-Fat Crème Fraîche 7) *	1 pouch	1½ pouches	2 pouches
Wholegrain Mustard 9)	1 pot	1½ pots	2 pots
Panko Breadcrumbs 13)	10g	15g	20g
Honey	½ sachet	¾ sachet	1 sachet
Baby Leaf Mix	1 bag	1½ bags	2 bags
Hazelnuts 2)	1 bag	1½ bags	2 bags

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 606G	PER 100G
Energy (kJ/kcal)	1644 / 393	271 / 65
Fat (g)	22	4
Sat. Fat (g)	9	1
Carbohydrate (g)	37	6
Sugars (g)	19	3
Protein (g)	13	2
Salt (g)	1.16	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 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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HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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