






Cooking Made Easy

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on     
You'll be entered into our weekly photo contest!

## Rosemary Roasted Butternut Squash & Butter Bean Cassoulet

Fred Astaire and Ginger Rogers, Batman and Robin, Bert and Ernie. Some things were born to go better together. There are certain culinary marriages that endure the slings and arrows of foodie fashion and this dish is a testament to one such union. We've combined the silky texture of butternut squash, with the heady taste of rosemary and cut through the richness with an unctuous tomato sauce, for a dinner that'll warm you from the inside out.



40 min



veggie



Butternut Squash



Onion



Garlic Clove



Organic Butter Beans



Rosemary



Organic Cherry Tomatoes



Panko Breadcrumbs



Hard Italian Cheese



Vegetable Stock Pot



Italian Herbs



Almonds



Broccoli Florets

## Ingredients

	2P	4P
Butternut Squash, cubed	3 cups	6 cups
Onion, diced	½ cup	1 cup
Garlic Clove, diced	2	4
Organic Butter Beans	1 tin	2 tins
Rosemary, chopped	1 sprig	2 sprigs
Organic Cherry Tomatoes	1 tin	2 tins
Panko Breadcrumbs <b>1</b>	½ cup	1½ cups
Hard Italian Cheese, grated <b>2</b>	3 tbsp	6 tbsp
Vegetable Stock Pot <b>3</b>	½	1
Italian Herbs	1 tsp	2 tsp
Almonds <b>4</b>	2 tbsp	4 tbsp
Broccoli Florets	2 handfuls	4 handfuls

⊕ May feature in another recipe

\* Good to have at home

## Allergens

1) Gluten | 2) Milk  
3) Celery | 4) Nut

## Nutrition per serving

Calories: 621 kcal,  
Protein: 72 g, Carbs: 32 g,  
Fat: 22 g, Saturated Fat: 4 g



**1** Pre-heat your oven to 220 degrees and peel the butternut squash. Cut the squash through the middle (widthways) to separate the bulbous bottom from the top. Cut the bulbous part in half lengthways to expose the seeds. Remove the seeds with a spoon.



**2** Chop the squash into roughly 2cm chunks and coat in ½ tbsp of olive oil and a good pinch of salt and pepper. Remove the leaves off the rosemary, chop finely and scatter on the squash. Cook on the top shelf of the oven for 25 mins, or until they're crispy.



**3** Meanwhile, peel and finely dice the onion and the garlic. Drain and rinse the butter beans. Heat 1 tbsp of oil in a non-stick pan on low heat. Once hot, add in the onion and the garlic with a pinch of salt and pepper.



**4** After 5 mins turn the heat up to medium. Add the butter beans, cherry tomatoes and Italian herbs and cook for 2 mins. Add ½ tsp of sugar (if you have some) and season

with salt and pepper.

**5** Add ½ the vegetable stock to the butter beans with 150ml of water. Stir until the stock dissolves. Let the mixture bubble away until it thickens (about 15 mins). Boil a pot of water with ½ tsp of salt for your broccoli.

**6** Spread the almonds on a baking tray then put in the oven for 2 mins to toast. **Tip:** Watch your nuts carefully as they can burn easily Once they are done turn the oven off and put the grill on high heat.

**7** Put the broccoli in the boiling water for 3-4 mins. Drain the broccoli and keep to the side. **Tip:** The broccoli should still have some crunch left in it once cooked Toss in a tsp of extra virgin olive oil and season with salt and pepper.

**8** Stir the butternut squash into the stew then put in an ovenproof dish. Scatter over the breadcrumbs and the parmesan cheese then grill until golden on top. Serve with the broccoli on the side and a scattering of the toasted almonds.