



Serrano Ham and Butternut Linguine with Tenderstem® Broccoli and Creme Fraiche

Classic 30 Minutes • 2 of your 5 a day

3



Butternut Squash



Red Onion



Tenderstem® Broccoli



Garlic Clove



Serrano Ham



Linguine



Chicken Stock
Paste



Creme Fraiche

Before you start

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

Cooking tools, you will need:

Baking Tray, Saucepan, Garlic Press, Colander, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Butternut Squash**	1	1	1
Red Onion**	1	1	2
Tenderstem® Broccoli**	80g	150g	150g
Garlic Clove**	1	2	2
Serrano Ham**	4 slices	6 slices	8 slices
Linguine 13	180g	270g	360g
Pasta Water*	125ml	190ml	250ml
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	596g	100g
Energy (kJ/kcal)	3002 / 717	504 / 120
Fat (g)	27	5
Sat. Fat (g)	12	2
Carbohydrate (g)	98	16
Sugars (g)	20	3
Protein (g)	30	5
Salt (g)	2.84	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Roast the Squash

Preheat the oven to 200°C. Trim the **butternut squash** then halve lengthways and scoop out the **seeds** (no need to peel). Chop it widthways into 1cm slices, then chop into small 1cm chunks (you want them small so they cook faster). 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.



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. Transfer to a plate lined with kitchen paper. Add a drizzle more **oil** into the pan. When hot, add 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.



Get Prepared

In the meantime, bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt** for the **linguine**. Halve, peel and thinly slice the **red onion**. Chop the **Tenderstem® broccoli** in half widthways. Peel and grate the **garlic** (or use a garlic press). Roughly tear the **Serrano ham slices** into large pieces.



Finish the Sauce

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



Cook the Pasta

Once boiling, add the **linguine** to the **water** and cook until tender, 12 mins. Once cooked, drain in a colander and pop back into the pan, reserving some **pasta water** to use for the **sauce** (see ingredients for amount). Return the **linguine** to the pan with a drizzle of **oil** (this will stop it from sticking together).



Serve

Finally, add the **drained pasta** and **roasted butternut squash** into the **sauce**. Taste and add **salt** and **pepper** if needed. **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.