



Creamy Baked Cheese Pasta with cherry tomatoes and butternut squash

Veggie Calorie Smart 20 – 25 mins • Eat me first

14



Diced Butternut Squash



Dried Rigatoni



Cherry Tomatoes



Greek Style Cheese



Garlic



Lemon



Parsley



Salad Leaves



Middle Eastern Style Spice Mix



Mayo

Pantry Items: Salt, Pepper, Oil, Water



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Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, colander, oven dish

Ingredients

	2P	4P
Diced Butternut Squash	300 g	600 g
Dried Rigatoni	180 g	360 g
Cherry Tomatoes	250 g	500 g
Greek Style Cheese	100 g	200 g
Garlic	2 units	4 units
Lemon	1 unit	2 units
Parsley	5 g	10 g
Salad Leaves	40 g	80 g
Middle Eastern Style Spice Mix	1 sachet	2 sachets
Mayo	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	499.5 g	100 g
Energy (kJ/kcal)	2531.3 kJ/ 605 kcal	506.8 kJ/ 121.1 kcal
Fat (g)	18.7 g	3.7 g
Sat. Fat (g)	9.8 g	2 g
Carbohydrate (g)	87.6 g	17.5 g
Sugars (g)	14 g	2.8 g
Protein (g)	24.2 g	4.8 g
Salt (g)	1.7 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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Roast the Butternut Squash

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Pop the **butternut squash** onto a large (lined) baking tray.
- Drizzle with **oil, Middle Eastern spice, salt and pepper**.
- Toss to coat and spread out in a single layer.
- When the oven is hot, roast on the top shelf until soft and golden, 18-20 mins. Turn the tray halfway through.



Make the Dressing

- While everything is cooking, make your dressing.
- Halve the **lemon**. Juice one **half** and cut the other **half** into wedges.
- In a large bowl, mix together 2 tbsp **oil**, 1 tsp **lemon juice** (both double for 4p), the **mayo** and a pinch of **salt** and **pepper**.
- Just before serving, toss the **salad leaves** through the dressing.



Cook the Rigatoni

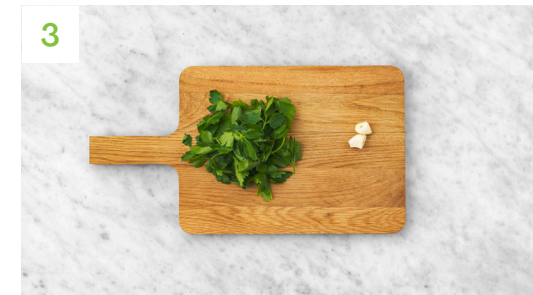
- Boil a large pot of **salted water** for the **rigatoni**.
- When the **water** is boiling, add the **pasta** and bring back to the boil. Cook until softened, 12 mins.
- Once cooked, reserve a cup of **pasta water**, drain in a colander and pop back in the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.

TIP: If you're in a hurry you can boil the water in your kettle.



Finishing Touches

- Add the cooked and drained **pasta** to the oven dish.
- Mix everything together, breaking up the **cheese** as you go.
- Loosen with a splash of reserved **pasta water** if necessary.
- Pop in the roasted **butternut squash**.
- Season to taste with **salt** and **pepper**.



Get Prepped

- Meanwhile, peel the **garlic**.
- Roughly chop the **parsley** (stalks and all).
- Add the **cherry tomatoes, garlic** cloves and **half** the **parsley** to a large oven dish.
- Add 2 tbsp **oil**, 1 tsp **salt** and 1 tsp **pepper** (double all for 4p). Toss together.
- Place the **cheese** in the centre of the dish (keeping it whole) and bake until the **tomatoes** are blistering, 12-15 mins.



Serve and Enjoy

- Dish up spoonfuls of cheesy **pasta**.
- Garnish with the **lemon** wedges and remaining **parsley**.
- Serve the citrusy salad on the side.

Enjoy!