

Shokichi Squash Pasta

with Walnuts, Sage & Kale

We're warmly welcoming fall with this recipe, which combines two comfort food staples: hearty pasta and robust, cool-weather squash. Ours is a gorgeous shokichi, known for its sweet, bright-orange flesh. (Depending on what's best at the farms near you, your shokichi may have light stripes or more solid green skin. Whatever its color, be sure to use a sharp, sturdy knife to peel and cut it!) Combined with a rich sauce and frilly mafalda pasta, it makes for an exceptionally delicious meal. And for a unique garnish, we're pan-frying sage and walnuts and combining them with nutty Parmesan cheese.

Blue Apron Wine Pairings

Vermillion Red, 2014

Santa Barbara Highlands Grenache, 2014



Ingredients

¾ Pound Mafalda Pasta
3 Ounces Fontina Cheese
¾ Cup Milk
4 Cloves Garlic
1 Bunch Lacinato Kale
1 Shokichi Squash
1 Bunch Sage

Knick Knacks

4 Tablespoons Butter
2 Tablespoons All-Purpose Flour
1 Shallot
¼ Cup Grated Parmesan Cheese
¼ Cup Walnuts

Makes: 4 servings | **Calories:** about 850 per serving

Prep Time: 15 minutes | **Cook Time:** 35–45 minutes

Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp349

1



Cook the pasta:

Heat 1 large pot and 1 medium pot of salted water to boiling on high. Once boiling, add the **pasta** to the large pot. Cook 11 to 13 minutes, or until al dente (still slightly firm to the bite). Reserving **2 cups of the pasta cooking water**, drain thoroughly and rinse under cold water to stop the cooking process. Set aside in a warm place. Wipe out the pot.

2



Prepare the ingredients:

While the pasta cooks, wash and dry the fresh produce. Cut off and discard the squash ends; using a knife, carefully peel, then halve. Scoop out and discard the pulp and seeds; large dice. Pick the sage off the stems; discard the stems. Roughly chop the walnuts. Peel and mince the garlic and shallot. Remove and discard the kale stems; roughly chop. Grate the Fontina cheese (discarding any rind).

3



Cook & mash the squash:

Add the **squash** to the medium pot of boiling water. Cook 14 to 16 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, using a fork, mash the cooked squash to your desired consistency. Season with salt and pepper to taste and set aside in a warm place.

4



Make the sage & walnut garnish:

While the squash cooks, in the pot used to cook the pasta, heat **half the butter** and **1 tablespoon of olive oil** on medium-high until hot. Add the **sage**. Cook, stirring occasionally, 1 to 2 minutes, or until crispy. Reserving the oil, transfer to a paper towel-lined plate. Add the **walnuts** to the pot; cook, stirring frequently, 30 seconds to 1 minute, or until toasted and fragrant. Reserving the oil, transfer to the same plate. Transfer the sage (crumbling before adding) and walnuts to a bowl. Add the **Parmesan cheese**; stir to combine.

5



Make the sauce:

Add the **garlic** and **shallot** to the pot of reserved oil; season with salt and pepper. Cook on medium-high, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **flour**; cook, whisking frequently, 30 to 45 seconds, or until golden. Slowly whisk in the **milk** and **reserved pasta cooking water**. Heat to boiling on high, then add the **kale**; season with salt and pepper. Reduce the heat to medium; simmer, whisking frequently, 4 to 6 minutes, or until thickened. Add the **Fontina cheese**; cook, stirring occasionally, 1 to 2 minutes, or until melted.

6



Finish the pasta & plate your dish:

Add the **mashed squash** and **remaining butter** to the pot of sauce; cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined. Add the **cooked pasta**; cook, stirring vigorously to coat the pasta, 1 to 2 minutes, or until thoroughly combined and heated through. Remove from heat and season with salt and pepper to taste. Divide the finished pasta between 4 dishes. Top with the **sage and walnut garnish**. Enjoy!