

Mafalda Pasta & Delicata Squash

with Kale & Ricotta Cheese

2 SERVINGS


⌚ 30-40 MINS

 **Blue Apron**
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This seasonal pasta showcases sweet, roasted delicata squash—a perfect match for hearty sautéed kale, which folds right into the pasta's frilly edges.

Ingredients

-  6 oz Mafalda Pasta
-  2 cloves Garlic
-  ½ cup Part-Skim Ricotta Cheese
-  1 bunch Kale
-  1 Delicata Squash
-  2 Tbsps Butter
-  ¼ tsp Crushed Red Pepper Flakes
-  2 Tbsps Spreadable Goat Cheese

Wellness at Blue Apron

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VEGETARIAN



Serve a bottle of Blue Apron wine with this symbol: Floral & Aromatic.
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1 Prepare & roast the squash

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Line a sheet pan with foil.
- Wash and dry the fresh produce.
- Cut off and discard the ends of the **squash**. Halve lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut the squash crosswise into $\frac{1}{2}$ -inch-thick pieces.
- Place on the sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 24 to 26 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



2 Prepare the remaining ingredients

- Meanwhile, peel and roughly chop **2 cloves of garlic**.
- Separate the **kale** leaves from the stems; discard the stems and roughly chop the leaves.
- In a bowl, combine the **ricotta** and a drizzle of **olive oil**; season with salt and pepper.



3 Cook the pasta

- Add the **pasta** to the pot of boiling water. Cook 10 to 12 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- Reserving $\frac{1}{2}$ cup of the **pasta cooking water**, drain thoroughly and return to the pot.



4 Cook the kale

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
- Add $\frac{1}{4}$ cup of **water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 2 to 3 minutes, or until the kale is wilted and the water has cooked off.
- Turn off the heat.



5 Finish & serve your dish

- To the pot of **cooked pasta**, add the **roasted squash**, **cooked kale**, **butter**, and **half the reserved pasta cooking water**. Cook on medium-high, stirring frequently, 1 to 2 minutes, or until the pasta is coated (if necessary, gradually add the remaining cooking water to ensure the pasta is thoroughly coated).
- Turn off the heat; stir in the **goat cheese** until combined. Taste, then season with salt and pepper if desired.
- Serve the **finished pasta** topped with the **seasoned ricotta**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 630, Total Carbohydrates: 86g, Dietary Fiber: 8g, Added Sugars: 0g, Total Fat: 23g, Saturated Fat: 12g, Protein: 24g, Sodium: 850mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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