

Penne Pasta & Delicata Squash

with Kale & Ricotta Cheese

TIME: 35-45 minutes

SERVINGS: 2

This pasta dish showcases delicata squash, one of our favorite seasonal ingredients. Unlike many cool-weather squash, its skin is tender enough to eat, which makes for easy prep. We're roasting the squash to bring out its delicious sweetness, then stirring it into the pasta along with sautéed kale and creamy goat cheese. (You may receive dark green lacinato, green curly, or red kale.) Dollops of ricotta cheese complete each dish with a final layer of creaminess.



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Plush & Fruity

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Ingredients



1
DELICATA SQUASH



6 oz
PENNE RIGATE
PASTA



1 bunch
KALE



2 cloves
GARLIC

Did You Know?

The ridges on "rigate" pastas create more surface area for sauce to cling to.

KNICK KNACKS:



2 Tbsps
BUTTER



1/4 tsp
CRUSHED RED
PEPPER FLAKES



2 Tbsps
SPREADABLE
GOAT CHEESE



1/2 cup
PART-SKIM
RICOTTA CHEESE



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1 Prepare & roast the squash:

- ☐ Preheat the oven to 450°F.
- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Line a sheet pan with aluminum foil.
- ☐ Wash and dry the **squash**; cut off and discard the ends. Quarter lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut the squash crosswise into 1/2-inch-thick pieces.
- ☐ Place on the prepared sheet pan. Top with a drizzle of olive oil 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; toss to thoroughly coat. Arrange in a single layer.
- ☐ Roast 24 to 26 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven; set aside in a warm place.



2 Prepare the remaining ingredients:

- ☐ While the squash roasts, peel and roughly chop the garlic.
- ☐ Wash and dry the kale. Remove and discard the stems; roughly chop the leaves.
- ☐ In a bowl, combine the **ricotta cheese** and a drizzle of olive oil; season with salt and pepper to taste.

3 Cook the pasta:

- ☐ While the squash continues to roast, add the **pasta** to the pot of boiling water. Cook 11 to 13 minutes, or until just shy of al dente (still slightly firm to the bite).
- ☐ Turn off the heat. Reserving **1/2 cup of the pasta cooking water**, drain thoroughly and return to the pot.



4 Cook the kale:

- ☐ While the pasta cooks, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the **garlic** and cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add the **kale** and **1/4 cup of water**; season with salt and pepper. Cook, stirring frequently, 4 to 5 minutes, or until the kale has wilted and the water has cooked off. Turn off the heat; season with salt and pepper to taste.

5 Finish the pasta:

- ☐ Add the **roasted squash, cooked kale, butter, and half the reserved pasta cooking water** to the pot of **cooked pasta**. Cook on medium-high, stirring vigorously, 1 to 2 minutes, or until thoroughly combined and the pasta is coated. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.)
- ☐ Turn off the heat; stir in the **goat cheese**. Season with salt and pepper to taste.

6 Plate your dish:

- ☐ Divide the **finished pasta** between 2 dishes. Top with the **seasoned ricotta cheese**. Enjoy!

