

Creamy Kale & Mafalda Pasta

with Roasted Delicata Squash

4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
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Ingredients*

Customized ingredients


ADDED:


 10 oz Hot Italian Pork Sausage 

 ¾ lb Kale

 ½ cup Part-Skim Ricotta Cheese


 ½ cup Grated Parmesan Cheese


 ¼ tsp Crushed Red Pepper Flakes

 ¾ lb Mafalda Pasta

 1 Delicata Squash

 2 Tbsps Capers

 ½ cup Cream

 2 Tbsps Mascarpone Cheese

 2 cloves Garlic

 1 Red Onion

 1 Lemon

 ¼ cup Buttermilk

 1 Tbsp Italian Seasoning¹



Serve with Blue Apron wine that has this symbol
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1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare & roast the squash

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a large 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 pieces.
- Place on the sheet pan. Drizzle with **olive oil** and season with salt, pepper, and the **Italian seasoning**. Toss to coat and arrange in an even layer.
- Roast 20 to 22 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



2 Prepare the remaining ingredients

- Meanwhile, halve, peel, and thinly slice the **onion**.
- Peel and roughly chop **2 cloves of garlic**.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Quarter and deseed the **lemon**.
- In a bowl, combine the **ricotta**, the **juice of 2 lemon wedges**, 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.



↩️ ADDITIONAL STEP If you chose Sausage

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sausage**. Cook, stirring frequently and breaking the meat apart with a spoon, 7 to 9 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a bowl.

4 Cook the kale

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



↩️ CUSTOMIZED STEP 4 If you chose Sausage

- Cook the kale as directed, using the pan of reserved fond.

5 Finish the pasta & serve your dish

- To the pot of **cooked pasta**, add the **cooked kale**, **buttermilk**, **cream**, **half the parmesan**, 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 **mascarpone** and the **juice of the remaining lemon wedges** until combined. Taste, then season with salt and pepper if desired.
- On a serving plate, spread the **seasoned ricotta** into an even layer. Top with the **roasted squash**.
- Serve the **finished pasta** topped with the **remaining parmesan**. Serve the **finished squash** on the side. Enjoy!



↩️ CUSTOMIZED STEP 5 If you chose Sausage

- Finish the pasta and serve your dish as directed, adding the **cooked sausage** to the pot.