

Roasted Squash & Kale Pasta

with Goat Cheese & Ricotta

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
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Ingredients*

Customized ingredients

ADDED:



10 oz Hot Italian Pork Sausage 



6 oz Cavatappi Pasta



1 Delicata Squash



2 cloves Garlic



6 oz Kale



½ cup Part-Skim Ricotta Cheese



1 oz Goat Cheese



1 oz Salted Butter



¼ tsp Crushed Red Pepper Flakes

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*Ingredients may be replaced and quantities may vary.

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1 Prepare & roast the squash

- Place an oven rack in the center of the oven; 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 crosswise into $\frac{1}{2}$ -inch 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 21 to 23 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, stirring occasionally, 7 to 9 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*

- In a medium 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 plate.

4 Cook the kale

- 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.



↩️ 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 **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** (crumbling before adding) until melted and combined. Taste, then season with salt and pepper if desired.
- Serve the **finished pasta** topped with the **seasoned ricotta**. Enjoy!



↩️ CUSTOMIZED STEP 5 *If you chose Sausage*

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