

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



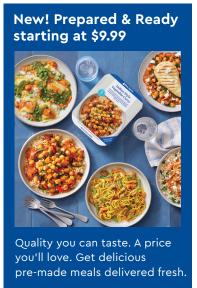
1 oz Goat Cheese



1 oz Salted Butter



1/4 tsp Crushed Red Pepper Flakes



Scan here to order your Prepared & Ready Meals!



Always the perfect gift

Easy meals. Quality ingredients. Delivered to their door. Treat friends and family to the joy of home cooking with a Blue Apron gift card.





1) Prepare & roast the squash

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot 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 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
- Remove from the oven.



- · 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 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
- 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 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

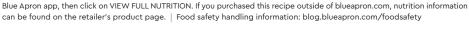
- To the pot of cooked pasta, add the roasted squash, cooked kale, butter, and half the reserved pasta cooking water. Cook on medium-high, stirring frequently, 1 to 2 minutes, or until the pasta is coated (if necessary, gradually add the remaining cooking water to ensure the pasta is thoroughly
- Turn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





To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the