



Creamy Butternut-Sage Penne

with Crispy Bacon

Spicy

30 Minutes

+ Add

*2 Double



Chicken Breast Tenders*
310 g | 620 g

Bacon
200 g | 400 g

Customized Protein

+ Add

↻ Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Bacon Strips
100 g | 200 g



Butternut Squash, cubes
170 g | 340 g



Cream Cheese
2 | 4



Chicken Broth Concentrate
1 | 2



Shallot
1 | 2



Garlic, cloves
1 | 2



Sage
7 g | 7 g



Baby Spinach
56 g | 113 g



Parmesan Cheese, shredded
1/4 cup | 1/2 cup



Penne
170 g | 340 g



Chili Flakes
1 tsp | 1 tsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, salt, unsalted butter

Cooking utensils | Colander, large non-stick pan, large pot, measuring cups, measuring spoons, medium pot, paper towels, potato masher, slotted spoon, whisk

1



Boil pasta water and cook squash

- Before starting, wash and dry all produce.
- **Heat Guide for Step 6:**
 - Mild: ½ tsp (¼ tsp)
 - Medium: ¼ tsp (½ tsp)
 - Spicy: ½ tsp (1 tsp)

- Add **10 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, add **squash, 1 tsp salt** and **enough water** to cover (by approx. 1 inch) to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Cook uncovered until **squash** is fork-tender, 10-12 min.
- Drain and return **squash** to the same pot, off heat. Mash **squash** until smooth.

4



Cook bacon

+ Add | **Chicken Breast Tenders**

*2 Double | **Bacon**

- Heat a large non-stick pan over medium heat.
- While the pan heats, cut **bacon** crosswise into ¼-inch strips.
- When hot, add **bacon** to the dry pan. Cook, stirring occasionally, until crispy, 5-7 min.**
- Remove the pan from heat. Using a slotted spoon, transfer **bacon** to a paper towel-lined plate. Set aside.
- Reserve **bacon fat** in the pan.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook bacon to a minimum internal temperature of 71°C/160°F, and cook chicken to a minimum internal temperature of 74°C/165°F.

2



Cook penne

- Meanwhile, add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **¾ cup** (1 ½ cups) **pasta water**, then drain and return **penne** to the same pot, off heat.

3



Prep

- Meanwhile, peel, then cut **shallot** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Pick **a few sage leaves** from **stems**, then finely chop **1 tbsp** (2 tbsp) **leaves**.

5



Cook sauce

- When **squash** is almost done, reheat the pan with **reserved bacon fat** over medium.
- When hot, add **shallots**. Cook, stirring often, until slightly softened, 2-3 min.
- Add **garlic**. Cook, stirring constantly, until fragrant, 30 sec.
- Add **mashed squash, broth concentrate, cream cheese, reserved pasta water, 1 tbsp** (2 tbsp) **butter** and **2 tsp sage**. Season with **salt** and **pepper**.
- Increase heat to medium-high. Bring to a simmer, whisking constantly, until **sauce** is smooth.

6



Finish and serve

+ Add | **Chicken Breast Tenders**

- Add **spinach, penne** and **Parmesan** to the pan with **sauce**. Cook, stirring often, until **spinach** wilts and **sauce** thickens slightly, 2-3 min. Season with **salt** and **pepper**, to taste.
- Divide **penne** between plates.
- Sprinkle **bacon** and **some chili flakes** over top, if desired. (**NOTE:** Reference heat guide.)

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

4 | Cook chicken and bacon

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken breast tenders**. Sear until tenders are golden-brown and cooked through, 3-4 min per side.**

4 | Cook bacon

*2 Double | **Bacon**

If you've opted for **double bacon**, cook it in the same way the recipe instructs you to cook the **regular portion of bacon**. Work in batches, if necessary.

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Thinly slice **chicken**. Top plates with **chicken**.