



Pork and Butternut Squash Linguine

with Cream Sauce and Fried Sage

Family Friendly

Spicy

25-35 Minutes

x2 Double



Chicken Breasts
2 | 4

Customized Protein

+ Add

Swap

or

x2 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](http://www.hellofresh.ca)



Pork Chops, boneless
340 g | 680 g



Sage
7 g | 14 g



Butternut Squash, cubes
170 g | 340 g



Cream
237 ml | 474 ml



Shallot
1 | 2



Linguine
170 g | 340 g



Garlic, cloves
2 | 4



Dijon Mustard
1/2 tbsp | 1 tbsp



Chili Flakes
1 tsp | 1 tsp



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

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 | Oil, salt, unsalted butter, pepper

Cooking utensils | Aluminum foil, baking sheet, large bowl, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, parchment paper, strainer

1



Roast squash

- Before starting, preheat the oven to 425°F.
 - Add 10 cups water and 1 tbsp salt to a large pot (use same for 4 servings).
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- Add **squash** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **top** of the oven until golden-brown and tender, 22-24 min.

2



Prep

 **Swap** | **Chicken Breasts**

- Meanwhile, thinly slice **half the sage**. Remove **remaining sage leaves** from the stems.
- Peel, then mince **shallot** and **garlic**.
- Pat **pork chops** dry with paper towels, then cut into ½-inch pieces. Season with **salt** and **pepper**.

3



Fry sage and cook pork

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **sage leaves**. Fry until crisp, 1 min. Transfer to a paper towel-lined plate.
- Add **pork** to the same pan with residual **sage oil**. Cook, stirring occasionally, until **pork** is cooked through, 3-4 min. ****** Season with **salt** and **pepper**.
- Transfer **pork** to a large bowl. Cover with foil to keep warm.

4



Cook pasta

- Add **linguine** to the **boiling water**. Cook, stirring occasionally, until tender, 10-12 min.
- When **linguine** is done, drain, then return **linguine** to the same pot, off heat.

5



Make sauce

- Reheat the same pan (from step 3) over medium-high.
- When hot, add **2 tbsp** (4 tbsp) **butter**, then **shallots** and **garlic**. Cook, stirring occasionally, until fragrant, 2-3 min.
- Add **sliced sage**, **Dijon** and **cream**. Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min. Season with **salt** and **pepper**.

6




Finish and serve

- Add **cream sauce**, **pork** and **half the Parmesan** to the pot with **linguine**. Toss to combine.
- Divide **linguine** between plates.
- Top with **roasted squash**.
- Sprinkle **fried sage** and **remaining Parmesan** over top.
- Sprinkle **chilli flakes** over top, if desired.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Prep

 **Swap** | **Chicken Breasts**

If you've opted to get **chicken breasts**, prep and cook in the same way the recipe instructs you to prep and cook **pork**.******

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

** Cook pork and chicken to a minimum internal temperature of 71°C/160°F and 74°C/165°F respectively, as size may vary.