

Squash and Sage Carbonara

with Pine Nuts

hellóchef

This dish is inspired by two Italian classics, carbonara and sage with pumpkin pasta.

Cals 1279 • Prot 43 • Carbs 135 • Fat 67

Vegetarian

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🕒 cook: 35 min

R2563

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Tagliatelle	2 ppl	3 ppl	4 ppl	
Butternut squash	600	900	1200	Grams
Olive oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Parmesan 4*	60	90	120	Grams
Fresh sage	15	30	45	Grams
Organic Eggs 5*	2	3	4	Piece
Cooking cream 4*	200	200	200	ML
Tagliatelle 5*, 10*	250	375	500	Grams
Pine nuts 2*	20	30	40	Grams
Butter 4*	50	100	100	Grams
Salt	0.5	1	1	Tsp
Black pepper	1	1	2	Tsp

Allergens

*4 Milk, *5 Eggs, *10 Wheat, *2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

Per Serving*

Energy (kJ/kcal)	5322 / 1279
Fat (g)	66.9
of which saturates (g)	37.2
Carbohydrate (g)	135
of which sugars (g)	13.3
Fiber (g)	13.2
Protein (g)	42.6
Salt (g)	1.9

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast squash

Preheat the oven to 200°C/180°C fan. Peel the **butternut squash**, slice it in half and remove the seeds. Slice the **squash** into half moons. Place them onto a lined baking tray. Drizzle with **olive oil** and sprinkle with **salt**. Roast for 30 min or until golden and crisp. Turn the pieces half way through roasting so they cook evenly.



2 Prep cheese

Meanwhile, grate the **Parmesan**. Pick the **sage** leaves from their stem, discard the stem. Separate the **egg yolks** from the whites, discard the whites. Whisk the **cooking cream** and **egg yolks** until fully combined.



3 Cook pasta, toast pine nuts

Meanwhile, bring a large pot of salted water to the boil and add the **tagliatelle**. Boil for 8-10 min or until 'al dente'. Drain and reserve a cup of pasta water. Toast the **pine nuts** in a hot, dry pan, stirring, for 2 min until golden brown. Remove from the heat and set aside.



4 Tumble

Heat a pan over a medium heat with the **butter**. Add the **sage** and fry for 2 min. Pick the **sage** out and transfer to kitchen paper. Add the **tagliatelle** and toss it in the **sage**-infused **butter**. Remove the pan from the heat and add the **egg** mix, reserved pasta water and **Parmesan**. Stir for 2 min. Season with **salt** and **pepper**.



5 Serve

Garnish with the toasted **pine nuts**, roasted **squash** and fried **sage** leaves.