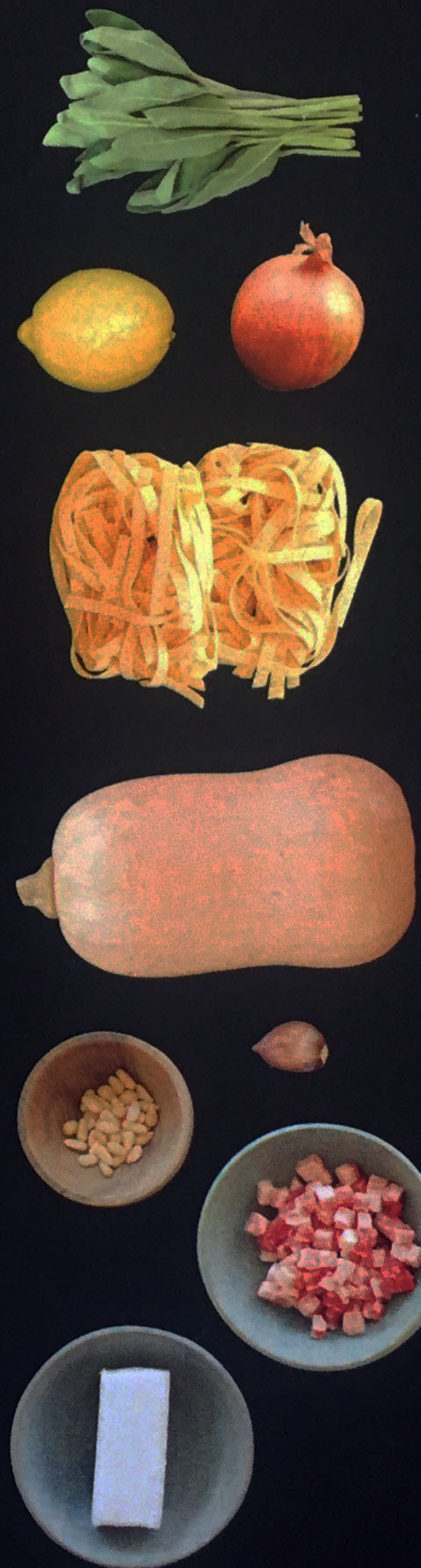




Roasted Butternut Squash Fettuccine with Pancetta and Sage

Oh hello butternut squash season! We're super happy this big kettlebell of deliciousness is back on the menu for the colder months. Tonight chef Rachel has whipped up a delicious fettuccine, but that's only where the fun begins. For a tasty lunch the next day we recommend chopping any remaining squash into 3cm cubes and roasting in a bit of olive oil, salt and pepper. You can eat them hot but they're great tossed through a salad. Alternatively boil them in some veggie stock and blend it for a deliciously thick soup!

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Ingredients:

1 Clove Garlic

Handful of Fettuccine Pasta

$\frac{1}{3}$ Cup Smoked Pancetta

1 Cup Onion, Diced

2 Cups Butternut Squash, Sliced

5 Tbsps of Goat's Cheese

A Small Handful of Sage

2 Tbsps Pine Nuts

1 Lemon

Serves 2

Ready in 30 - 40 Minutes

Kcal/sat.fat/carb/prot (per serving):
658/20g/51g/27g



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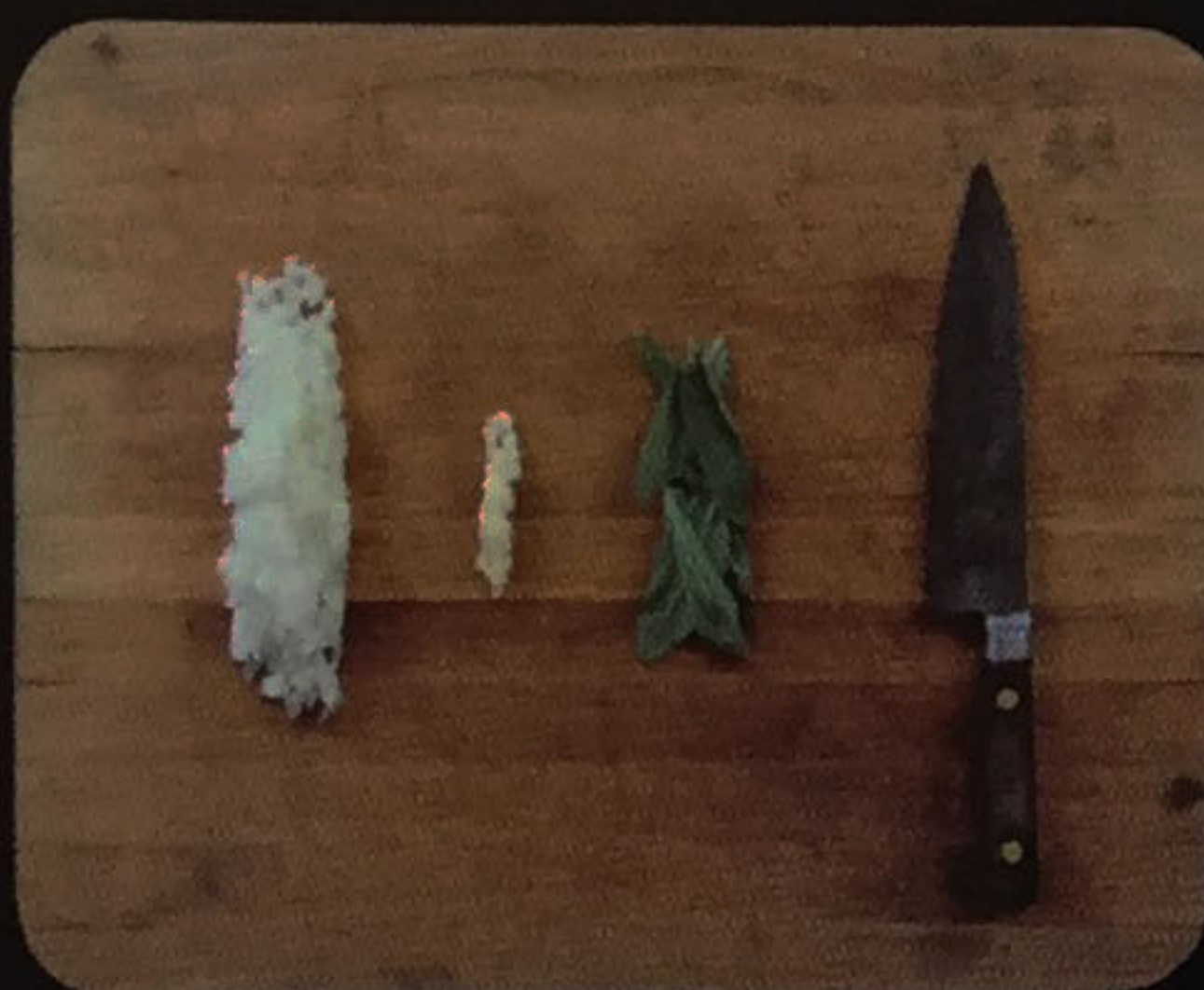
- Pre-heat your oven to 220 degrees and peel the butternut squash with a vegetable peeler
- Cut the squash through the middle (widthways) to separate the bulbous bottom from the top
- Cut the bulbous part in half lengthways to expose the seeds
- Remove the seeds with a spoon

2



- Slice the squash into strips as thin as you can ($\frac{1}{2}$ cm thick, if your knife skills allow)
- Toss in 1 tbsp of oil, $\frac{1}{4}$ tsp of salt and pepper
- Lay on a baking tray and cook in the oven at 220 degrees for 10 -15 mins, until soft and just turning golden at the edges

3



- Peel and finely dice the onion and garlic
- Pick the sage leaves from the stalk (you'll need about 15-20)

4



- In a dry pan, toast off the pine nuts over a medium heat until golden brown
- TIP** Keep your eyes on your nuts as they can burn easily
- Once the nuts are removed add the pancetta with 1 tsp of olive oil
- Cook until slightly crispy and then remove to the side

5



- Boil a large pan of water for your pasta with $\frac{1}{2}$ tsp of salt
- Add the fettuccine and cook for 10 mins or until 'al dente'
- Keep 1 cup of the pasta water
- TIP** 'Al dente' just means the pasta is cooked through but has a slight firmness left in the middle

6



- In a large pan on medium-high heat add $\frac{1}{2}$ tbsp of butter and 1 tbsp of oil
- Once hot, add the sage and spoon over the hot oil until these are crispy
- Once crispy, remove them from the pan and keep to the side on some kitchen paper
- Add the onion and garlic and cook for 3-4 mins until soft

7



- In step 8 you'll be using an age-old Italian trick of using pasta water to create your sauce
- The water takes on the starch from the pasta and together with the salt it's a perfect base
- Add it in bit by bit and let it bubble away until you have enough sauce.

8



- Add the roasted butternut squash to the pan with the juice from half the lemon
- Add the drained pasta and half the goat's cheese
- Add 6 tbsps of the reserved pasta water and toss everything together
- Lastly, toss through the crispy pancetta then divide the pasta between your plates
- Top with pine nuts, crispy sage leaves and some of the remaining goat's cheese