



## Butternut Squash Mac & Cheese

If you are in the mood for a comforting, warm and scrumptious meal then this is your GO-TO. It is great for an active family and this generous recipe is sure to leave some delicious left-overs for the rest of the week. It is perfectly cheesy and filling and so easy to throw together! It also has a perfect bite because of the delicious butternut squash.

### Ingredients

- Butternut Squash
  - Macaroni Pasta
  - Parmesan Cheese
  - Nutmeg
  - Cheddar Cheese
  - Flour
- Your pantry:**
- 175 ml per person Milk
  - 19 g per person Butter
  - Salt & Pepper

### Nutritional Info

Calories: 800  
Carbohydrates: 106 g  
Protein: 33 g  
Fat: 29 g

### Allergens

Wheat (Pasta)  
Milk (Cheese, Milk, Butter)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### 1) **Preheat the oven to 200°C**

Turn the oven on to 200°C.

### 2) **Prep the butternut squash**

Peel and Slice the butternut squash in half. Scoop the seeds out and dispose them (or look up online how to roast the seeds for a healthy snack!). Now dice the remainder of the squash into 2 cm cubes and add them to a tray with a dash of olive oil and a light seasoning of salt and pepper. Roast for about 30 minutes or until tender and lightly browned.

### 3) **Cook the pasta**

Add the pasta to a pot of boiling water and cook for about 12 minutes or until al dente, then strain the water and set aside and stir in some olive oil.

### 4) **Prep the Cheese sauce**

In a new pot add the butter and as the butter melts begin to stir in the flour, whisk in the milk. Bring to a simmer and allow the sauce to thicken. Then add the nutmeg and cheddar cheese and continue to stir until completely melted.

### 5) **Prep the dish**

Add your cheese sauce to your pasta in a large ovenproof dish and mix the sauce through. Then add in your butternut roasties and top with parmesan before putting in the oven. Bake in the oven for a further 20-25 minutes.

**Serve in a bowl and enjoy.**



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