



# DropChef Simple Summer Squash Alfredo

This alfredo is a much lighter take on the traditional version, using low fat creme fraiche in place of cream, and reducing the amount of parmesan cheese. There is also the addition of squash, which provides some fibre and essential vitamins, giving this dish a nutritious boost!

## Nutritional Info

Calories: 386 kcal  
Carbohydrates: 59.6 g  
Protein: 13.2g  
Fat: 3.6g

## Ingredients

- Squash
- Shallot
- Dried oregano
- Tagliatelle
- Low Fat Creme Fraiche
- Garlic
- Spinach
- Parsley
- Parmesan

## Your Pantry

- Olive Oil

## Allergens

Wheat (Pasta)  
Milk (Cheese, Creme Fraiche)

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) **Boil the kettle and preheat the oven to 200°C**

### 2) **Roast the squash**

Peel and dice the squash into small cubes. Scatter the squash across a baking sheet/roasting tray. Drizzle with some olive oil and season with the dried oregano and a little salt and pepper. Place on the middle shelf of the oven for 20-25 minutes.

### 3) **Prepare the remaining vegetables**

Peel and finely chop the shallot and garlic. Finely chop the parsley.

### 4) **Cook the pasta**

Add a pan of boiling water with the pasta to a medium sized saucepan and cook for 12-15 minutes or until the pasta is al dente . Once cooked, conserve a cup of the pasta water and drain the pasta. Set aside. While the pasta is cooking....

### 5) **Make the sauce**

In a medium saucepan, add a drizzle of oil and place on medium heat. Add the shallot and cook for 3-4 minutes or until beginning to caramelize and soften. Add the garlic to the pan and cook for a further one minute. Return the pasta to the saucepan with the shallots and garlic. Add the creme fraiche, parmesan, and spinach and mix. Stir in enough pasta water to create a relatively loose sauce.

### 6) **Add the squash**

Remove the squash from the oven and mix the cubes into the pasta. Season with parsley, salt, and pepper to taste.

### 7) **Plate the dish**

Enjoy!



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