



**NUTRITION** *per serving* 102g carbohydrates 28g fat 31g protein 852mg sodium | vegetarian, shellfish-free, nut-free



Calories  
**809**



Prep & Cook Time  
**40-50 min.**



Cook Within  
**7 days**



Difficulty  
**Easy**



Spice Level  
**Not Spicy**



**HOME CHEF**

**2 SERVINGS SHOWN**

## Butternut Mac N' Cheese

with Asiago, cheddar, and roasted Brussels sprouts

### IN YOUR BOX

5 oz. Brussels Sprouts  
1 Shallot  
6 oz. Butternut Squash, Cubed  
6 oz. Cavatappi Pasta  
8 fl. oz. Heavy Whipping Cream  
2 oz. Shredded Cheddar Cheese  
2 oz. Shredded Asiago Cheese  
¼ cup Panko Breadcrumbs

### IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
Cooking Spray  
Medium Pot  
Baking Sheet  
Medium Oven-Safe Casserole Dish  
Wire-Mesh Strainer

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## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Bring a **medium** pot of **lightly salted water** to a boil
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil
- Prepare a casserole dish with cooking spray
- Place a wire-mesh strainer in the sink

## WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.

## FROM THE CHEF

If you like super saucy and cheesy mac, use a little less pasta. Half the test kitchen liked it with  $\frac{3}{4}$  of the pasta, and half preferred lots of noodles!

### Did you know...

*Cavatappi pasta is a corkscrew-shaped tube and is ideal for soaking up creamy sauces like this one!*



### Prepare the Ingredients

Halve **Brussels sprouts** (quarter if larger than ping pong balls). Peel and mince **shallot**.



### Roast the Vegetables

Place **butternut squash** and **Brussels sprouts** on separate halves of the prepared baking sheet. Coat both with 2 tsp. **olive oil** and a pinch of **salt and pepper**. Spread into a single layer on their halves and roast until tender and lightly caramelized, 12-15 minutes. While vegetables roast, cook pasta.



### Cook the Pasta

Once water is boiling, add **cavatappi pasta** and cook until al dente, 10-12 minutes. Drain in wire-mesh strainer. Reserve pot; no need to wipe clean.



### Make the Mac n' Cheese

Return pot used to cook pasta to medium heat and add 1 tsp. **olive oil**. Add **shallot** to hot pot and cook 2 minutes. Add **cream** and cook until slightly thickened, 2-4 minutes. Slowly whisk in **shredded cheddar** and **Asiago**. Season with  $\frac{1}{4}$  tsp. **salt** and a pinch of **pepper**. Stir in cooked **cavatappi**, **butternut squash**, and **Brussels sprouts**.



### Bake the Mac n' Cheese

Pour **mac n' cheese** into prepared casserole dish or cast-iron skillet, sprinkle **panko** over top, and drizzle with 1 tsp. **olive oil**. Bake until panko and edges of **pasta** have browned, 8-10 minutes.



### Plate the Dish

Serve baked **mac n' cheese** on a plate or family style directly out casserole dish.