



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
1/4 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.