



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Late February 2021

A cosy supper

Creamy butternut squash and kale pasta



This is a lovely vegetable-packed pasta recipe that I really hope you'll enjoy.

Ingredients

1 large butternut squash (800-900g)
2 onions - red or white
1 tsp dried thyme or mixed herbs
400g pasta
4 tbsp parmesan
100g kale or spinach*
250g crème fraîche
Olive oil, salt and pepper

You will need a large pot for pasta and a 1-2 baking trays. You will also use a peeler, a knife and a grater and a large spoon.

Serves 4

Method

1. First peel and deseed your squash. Squash peel can be tough so you may want to use a small knife for the tricky bits.
2. Preheat the oven to 200 degrees.
3. Chop the squash into small chunks and put on the baking tray. Peel and dice the onions and add to the baking tray along with about ½ tsp salt, 1 tsp thyme or mixed herbs, a generous drizzle of olive oil and some black pepper.
4. Bake the squash and onion in the oven for about 30 minutes until the squash is tender.
5. Meanwhile put on water for pasta and wash and roughly chop the kale, removing any tough stalks.
6. Grate the parmesan.
7. Check the pasta timing on your packet, most take about ten minutes. Cook the pasta, adding the kale* about two minutes before the end of the cooking time.
8. Drain the pasta, reserving half a mug of the pasta cooking water. Keep warm.
9. When the squash and pasta are both ready, add the hot squash straight to the pasta and kale, along with the parmesan and crème fraîche. Mix thoroughly. The squash will collapse a little and form a sauce with the parmesan and crème fraîche. If the sauce is too thick you can add a splash of the cooking water.
10. Serve immediately with extra black pepper and parmesan if desired.

*If you're using spinach then it will take much less time to cook, just add it for the last 30 seconds of the pasta cooking time.