

Creamy Butternut Squash Linguine with Fried Sage

Meal time: Dinner

Meal course: Main

Meal type: Vegetarian

Country of origin: Italy

Difficulty: Easy

Servings: 4

Total time: 35 minutes

Ingredients

2 garlic cloves, pressed or chopped
 340 g whole grain linguine or fettucine
 2 tablespoons olive oil
 500 ml vegetable broth
 1 tablespoon fresh sage, finely chopped
 Freshly ground black pepper
 900 g butternut or kabocha squash, peeled, seeded, and cut into small pieces
 Salt, to taste
 1 yellow onion, chopped
 ½ teaspoon red pepper flakes
Optional garnishes:
 Shaved parmesan or Pecorino and/or smoked salt

Nutrition Facts

	Amount per serving
Calories	380
Total Fat	9g
Saturated Fat	1.3g
Cholesterol	0 mg
Sodium	434 mg
Total Carbohydrate	68.4 g
Dietary fibre	10.8 g
Total Sugars	6.5 g
Protein	10.7 g
Vitamin D	0 IU
Calcium	7 mg
Iron	18 mg
Potassium	14 mg

Instructions

1. Preheat oil in a skillet and add in sage. Toss well and let it get crispy for few minutes, then transfer to a bowl. Sprinkle with a bit of salt and set it aside.
2. Add ½ teaspoon red pepper flakes, chopped garlic, onion and squash to the same skillet and season with pepper and salt.
3. Cook for about 8 to 10 minutes, stirring occasionally.
4. Pour in vegetable broth and bring to a boil. Then turn the heat down and simmer for 15 to 20 minutes, until liquid is reduced by half.
5. Meanwhile, cook pasta as per instructions mentioned in the package. Once done, drain well, reserving a cup of liquid.
6. Once squash is softened, remove it from heat and transfer to a blender along with all the contents. Puree until smooth, then season with pepper and salt.
7. Combine pasta, cooking liquid, and squash puree in the reserved skillet. Cook for 2 minutes, until pasta is coated with sauce, adding more pasta water, if desired.
8. Season with more pepper and salt, if needed.
6. Transfer pasta to a serving bowl and top with fried sage and shaved Parmesan/Pecorino and/or smoked salt.

Notes: you can prepare a vegan option of this recipe, just use vegan pasta and vegan parmesan cheese. Choose gluten free pasta for gluten free and healthier option.