

# BUTTERNUT SQUASH ALFREDO



| Prep Time | Cook Time | Total Time | Servings |
|-----------|-----------|------------|----------|
| 10        | 20        | 30         | 8        |



## Ingredients:

- 200g cubes butternut squash
- 600g broccoli, florets
- 1 tablespoon olive oil
- 60g butter, unsalted
- 2 cloves garlic
- 3 tablespoon flour, all-purpose
- 480ml milk
- 1/4 teaspoon nutmeg
- 50g Parmesan cheese, shredded
- 340g pasta, shapes

## Instructions

1. Preheat oven to 200 degrees. Cut butternut squash into 1 inch cubes and place them and broccoli florets on a baking tray. Drizzle with olive oil and salt and pepper. Bake for 20 minutes.
2. While your veggies bake, cook pasta and drain out water.
3. In large pan over medium-high heat add butter and garlic. Let melt. Add flour and whisk in until smooth. Cook for 2 minutes and then add milk and bring to a boil. Stir occasionally. Add nutmeg and cheese and stir until smooth.
4. In a blender, add milk mixture and cooked butternut squash. Blend until smooth. Pour over cooked pasta and stir until coated. Add broccoli and serve!

| Calories | Carbohydrates | Protein | Fat | Saturated Fat | Cholesterol | Salt  | Sugar |
|----------|---------------|---------|-----|---------------|-------------|-------|-------|
| 347kcal  | 41g           | 14g     | 14g | 8g            | 32mg        | 275mg | 5g    |