

# Butternut squash wholewheat conchiglie

SERVES 4 PREP 5mins COOK 25mins EASY



○ 1 butternut squash (approx 700g)

○ 500g The Co-operative wholewheat conchiglie

○ Spray oil

○ 3 cloves garlic, crushed

○ 15g fresh sage

○ 200ml The Co-operative reduced-fat crème fraîche

○ black pepper

**1** Peel and cut the butternut squash into 1cm cubes. Boil for about 10 mins until tender, then drain.

**2** Boil the conchiglie for 10-12 mins until al dente (firm).

**3** Meanwhile, heat a frying pan and spray with oil. Add the butternut squash, garlic and sage and cook on a medium heat for around 5 mins, stirring occasionally until starting to soften and brown.

**4** Add the crème fraîche and mix well. The butternut squash will start to break down.

**5** Drain the conchiglie, reserving 75ml of the cooking liquid. Toss the reserved liquid with the pasta and sauce. If desired, serve with a sprinkle of Parmesan and some black pepper.

Calories 570	Fat 10.3g	Sat Fat 5.7g	Sugars 9.2g	Salt Trace
approx. per serving				
✓ 1 of your 5-a-day				

The **co-operative**  
good with food