



Fresh Pappardelle with Butternut Squash and Thyme Cream Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup amaretti cookies crushed for garnish
- 0.3 teaspoon pepper black as needed freshly ground plus more
- 1 pound butternut squash
- 2 teaspoons thyme sprigs fresh finely chopped
- 2 medium garlic clove finely chopped
- 1 cup heavy whipping cream
- 1 teaspoon kosher salt as needed plus more
- 2 tablespoons olive oil

- 0.3 cup parmesan cheese finely grated
- 0.5 medium onion yellow finely chopped

Equipment

- frying pan
- baking sheet
- knife
- pot
- plastic wrap
- stand mixer
- tongs
- peeler
- pasta machine

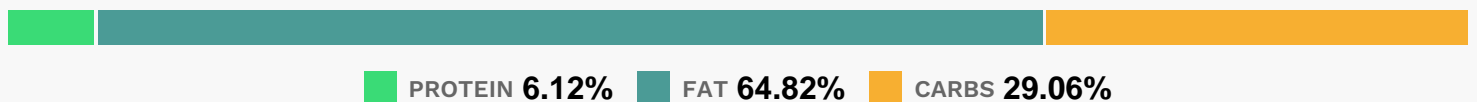
Directions

- To roll the pasta: Set a pasta machine or the pasta attachment of a stand mixer to the widest setting (on most machines it is setting number one). Lightly dust a baking sheet with flour; set aside.
- Cut the dough into 4 equal pieces, set 1 piece aside to roll, and cover the remaining pieces with plastic wrap. Flatten the dough into a disk and pass it through the pasta machine. Fold the dough in thirds lengthwise and press down to seal. Pass the dough through the machine again beginning with the short (i.e., unfolded) side, repeat folding and passing through the machine one more time, then pass the dough through the machine twice without folding. (If the dough or machine becomes sticky, lightly dust with flour and proceed.) Without folding, continue passing the dough through the machine twice per setting, narrowing the setting each time until the dough is thin enough to see the outline of your hand through (usually setting number seven). Dust the pasta sheet with flour on both sides and cut it in half widthwise. Fold each piece in thirds and place them on the prepared baking sheet. Cover with plastic wrap. Repeat the process with the remaining 3 pieces of dough.
- Cut each folded pasta sheet into 1-inch-thick strips lengthwise. Unfold the strips, place them on the baking sheet, and toss lightly with flour. Cover with plastic wrap and refrigerate while you prepare the sauce. For the sauce: Bring a large pot of generously salted water to a boil over high heat. Meanwhile, prepare the squash: Peel off the skin with a vegetable peeler. Trim

the top and bottom.

- Cut the neck from the bulb of the squash. Halve each piece lengthwise and scrape out the seeds.
- Cut the squash into 1/2-inch cubes and set aside.
- Heat the olive oil in a large frying pan over medium heat until shimmering.
- Add the onion, garlic, and measured salt and cook, stirring occasionally, until the vegetables have softened, about 5 minutes.
- Add the squash, thyme, and measured pepper and cook, stirring occasionally, until the squash is starting to brown and just gives way when pierced with a knife, about 10 minutes.
- Pour in the cream, stir to coat the vegetables, and bring to a boil. Stir in the cheese and simmer for 2 minutes.
- Add the reserved pasta to the boiling water and cook until al dente, about 1 to 2 minutes. Using tongs, transfer the pasta directly into the sauce. Reserve 1/2 cup of the pasta water.
- Remove the pasta and sauce from heat and toss with tongs to coat the pasta.
- Add the reserved pasta water by the tablespoon to reach the desired sauce consistency. Taste and season with salt and pepper as needed.
- Garnish with amaretti cookies (if using).

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.32, Inflammation Score:-10, Nutrition Score:11.086521781009%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 277.47kcal (13.87%), Fat: 20.8g (32.01%), Saturated Fat: 10.51g (65.66%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 18.82g (6.84%), Sugar: 10.87g (12.08%), Cholesterol: 48.45mg (16.15%), Sodium: 504.1mg (21.92%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Vitamin A: 8687.69IU (173.75%), Vitamin C: 18.17mg (22.03%), Vitamin E: 2.15mg (14.34%), Calcium: 106.57mg (10.66%), Manganese: 0.21mg (10.41%), Potassium: 334.14mg (9.55%), Fiber: 2.17g (8.67%), Magnesium: 32.32mg (8.08%), Vitamin B6: 0.16mg (7.98%), Phosphorus: 79.4mg (7.94%), Vitamin B2: 0.11mg (6.53%), Vitamin B1: 0.09mg (6.09%), Folate: 24.33µg (6.08%), Iron: 0.91mg (5.05%), Vitamin K: 5.17µg (4.92%), Vitamin B3: 0.97mg (4.83%), Selenium: 3.22µg (4.6%), Vitamin B5: 0.44mg (4.38%), Vitamin D: 0.66µg (4.37%), Copper: 0.07mg (3.61%), Zinc: 0.43mg (2.87%), Vitamin B12: 0.12µg (2%)