



Maple-Bacon Butternut Squash on a Bed of Ricotta

Side Dish | with Crispy Sage and Toasted Pine Nuts

Preparation time : 35 min.



Butternut



Pine Nuts

Squash



British Smoked



Maple Syrup



Sage



Ricotta Cheese



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/maple-bacon-butternut-squash-on-a-bed-of-ricotta-155>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Bowl, Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Butternut Squash (unit(s))	1	1	1
Pine Nuts (grams)	15	15	15
British Smoked Bacon Lardons (grams)	60	60	60
Maple Syrup (grams)	30	30	30
Sage (bunch(es))	1	1	1
Ricotta Cheese (grams)	100	100	100

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	1472 kJ
Energy (kcal)	352 kcal
Fat	16.9 g
of which saturates	6.3 g
Carbohydrate	38 g
of which sugars	15.1 g
Dietary Fibre	4.7 g
Protein	14.2 g
Salt	1.86 g

Allergens

Milk

Always check the product labels for allergen information.



Roast the Butternut Squash

- a) Preheat your oven to 220°C/200°C fan/gas mark 7.
- b) Trim the butternut squash, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut widthways into 1cm slices.
- c) Pop the butternut slices onto a large baking tray. Drizzle with oil, season with salt and pepper, then toss to coat. Spread out in a single layer. TIP: Use two baking trays if necessary.
- d) When the oven is hot, roast on the top shelf until golden and cooked through, 25-30 mins. Turn halfway through.



Fry the Sage

- a) When the butternut has 10-15 mins remaining in the oven, drizzle over the remaining maple syrup and return to the oven for the remaining time.
- b) Meanwhile, heat a drizzle of oil in another frying pan on medium-high heat. Pick the whole sage leaves off their stalks (discard the stalks).
- c) Once hot, add the sage leaves in a single layer. Fry until crispy, 1-2 mins. Transfer to a plate lined with kitchen paper and sprinkle with a pinch of salt.
- d) In a small bowl, mix ricotta cheese with a pinch of salt and season generously with pepper.



Fry the Pine Nuts and Bacon

- a) In the meantime, heat a medium frying pan on medium heat (no oil).
 - b) Once hot, add the pine nuts and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. Remove from the pan to a bowl and set aside. TIP: Watch them like a hawk as they can burn easily.
 - c) Return the (now empty) frying pan to medium-high heat and add a drizzle of oil.
 - d) Once hot, add the bacon lardons. Stir-fry until golden, 4-5 mins.
 - e) Add half the maple syrup and stir until sticky and glazed, 1 min, then remove from the pan.
- IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



Finish and Serve

- a) Once the butternut is roasted, spread your ricotta cheese over your serving platter.
 - b) Pile the butternut slices on top of the ricotta, then sprinkle over the toasted pine nuts and bacon.
 - c) Arrange the crispy sage leaves on top to finish.
- Enjoy!

Enjoy your meal!