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Roast Pumpkin Pasta with Walnuts & Burnt Butter Sauce

This wholegrain pasta is a symphony of subtle flavours and textures; you're going to love it. Sweet, caramelised pumpkin creates a creaminess all by itself, while browned butter provides a nutty base for the crispy sage and toasted walnuts. All that's left to do is to finish with some fresh Parmesan cheese.



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 1



high fibre



veggie

Pantry Items



Olive Oil



Butter



Wholemeal Spirals



Brown Onion



Pumpkin



Sage



Walnuts



Baby Spinach




Parmesan Cheese

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2P	4P	Ingredients
200 g	400 g	wholemeal spirals (recommended amount)
1 tbs	2 tbs	olive oil *
½	1	brown onion, thinly sliced
400 g	800 g	pumpkin, skin removed & cut into 1 cm cubes 
50 g	100 g	butter *
1 bunch	2 bunches	sage, leaves torn
¼ cup	½ cup	walnuts
½ bag	1 bag	baby spinach, washed 
⅔ block	1 ⅓ blocks	Parmesan cheese, finely grated 

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	3570	Kj
Protein	25.3	g
Fat, total	45	g
-saturated	18.9	g
Carbohydrate	81.4	g
-sugars	13.4	g
Sodium	270	mg

Disclaimer: Pumpkins naturally vary in size, we may over supply you but please use the weight stated for this recipe.



You will need: *chef's knife, chopping board, vegetable peeler, fine grater, colander, large saucepan, and a medium frying pan.*

1 Bring a large saucepan of salted water to the boil. Add the **wholemeal spirals** and cook for **10 minutes** or until 'al dente'. Drain well and return to the saucepan off the heat.

2 Meanwhile, heat half of the **olive oil** in a medium frying pan over a medium-high heat. Add the **brown onion** and cook, stirring, for **3 minutes** or until soft. Remove the onion from the frying pan.

3 Heat the remaining oil in the same frying pan and add the **pumpkin**. Cook, without stirring, for **4 minutes** or until it starts to caramelize on the bottom. Give the pan a shake to redistribute the pumpkin and then continue cooking for a further **4 minutes**. Add the cooked onion, **butter**, **sage** and **walnuts** and continue cooking until the butter begins to brown and the sage crisps up (about **1-2 minutes**). Remove from the heat and stir through the wholemeal spirals with the **baby spinach** (it will wilt as you stir it through).

4 Add the freshly grated **Parmesan cheese** and toss to coat well. Season to taste with **salt** and **pepper** and dress with extra olive oil to coat.



Did you know? The name 'sage' comes from the Latin word 'salvare' which alludes to the plant's healing properties.