

PUMPKIN PASTA

🕒 30 min 🍴 Serves 2

Ingredients

- 1 small (or half) butternut squash (about 400g)
- Olive oil
- 2 cloves of garlic
- 1 teaspoon of veggie stock
- 300ml milk of your choice
- 4 tsp of lemon juice (or apple cider vinegar)
- A handful of fresh herbs (rosemary, tyme, oregano, parsley work well) or 1 tbsp dried mixed Italian herbs
- Salt & pepper to taste
- 200g pasta
- Optional cheese for topping

Method

1. Preheat the oven to 200C (390F)**.
2. Wash the pumpkin well and chop up with the skin into 1cm cubes. Use a spoon to deseed the pumpkin.
3. Spread the pumpkin in a baking dish/tray, mix with about 1 tbsp of olive oil and roast for 20 min until soft.
4. Optional: Toast the pumpkin seeds as a topping: Remove any stringy bits from the seeds and rinse well with cold water, pat dry with a paper towel. Add to a pan with 1 tbsp of oil over medium heat, stirring frequently, until golden brown, 10-15 minutes. Remove from heat and sprinkle with salt.



5. Meanwhile, boil the pasta according to package instructions, drain and set aside in the sieve. Peel the garlic. If using fresh herbs, chop them up including stalks, only remove woody stalks e.g. for rosemary.
6. Make the pumpkin sauce*: In the empty pasta pot, combine the roasted pumpkin, 2 tsp (10g) of olive oil, garlic, veggie stock, milk, lemon juice & herbs. Blend until smooth. Season with salt & pepper.
7. Add half (or more if preferred) of the pumpkin sauce to the pasta, heat through.
8. Serve with more fresh herbs, cheese or toasted pumpkin seeds.

TIPS:

*The remaining pumpkin sauce can be stored in the fridge or transformed into a soup by simply adding a bit more water or veggie stock until you like the consistency.

**Faster option: Cover the chopped pumpkin with water in a pot and boil for about 10 minutes until soft.