



RECIPE
Pumpkin
Pasta Bake



NOURISH
FOOD SCHOOL

RECIPE

Pumpkin Pasta Bake

SERVES
4 servings

LEVEL
Quite Easy

TIME
a little over 1 hour

INGREDIENTS

½ medium pumpkin
300g mushrooms, quartered
1 garlic clove, finely chopped
2 tablespoons cream or mascarpone
1/4 teaspoon chilli flakes
300g dried pasta
100g good melting cheese – try gruyere, cheddar or even brie

HOW TO MAKE IT

1. Pre-heat the oven to 180C and prepare the mushrooms and garlic to the stage described in the ingredients list.
2. Cut the pumpkin into quarters, scoop out the seeds then cut into wedges.
3. On a baking tray, drizzle the wedges with a little olive oil and season with salt and pepper. Roast in the oven for 30 minutes until softened.
4. Once soft, peel the flesh from the skin off the pumpkin wedges using a small knife or spoon.
5. Blend half of your roasted pumpkin with a stick blender or food processor until you have a puree. Chop the remaining pumpkin into bite size chunks and leave to one side in a bowl.
6. Boil a large pan of salted water, add the pasta and cook for 10 minutes.
7. Meanwhile, add a splash of oil to a frying pan on a medium heat and fry the mushrooms until golden.
8. Add the garlic and chilli flakes, fry for another minute then transfer to the bowl with the roasted pumpkin chunks
9. Put the frying pan back on a medium heat and add the pureed pumpkin. Add the cream and heat for a couple of minutes, stirring continuously.
10. Drain the cooked pasta and stir into the pan with the pumpkin sauce.
11. Add the chunks of squash, mushrooms and garlic then transfer to a deep roasting dish.
12. Top with the grated cheese and bake for 20 minutes until golden and bubbling.

TOP TIPS

- Save the seeds and toast them in a low oven to make a tasty snack or crunchy topping for salads and dips.
- Make this up in a big batch up to step 11. Freeze individual portions then simply cook from frozen for 30-40 minute on the day you want to serve it