

**Product Spotlight:  
Almonds**

Toasting the almonds gives them a richer, deeper, nuttier flavour.



## Pumpkin and Chorizo Pasta

### with Almonds

A delicious combination of rosemary, pumpkin, cherry tomatoes and toasted almonds all tossed with pasta and diced smoky chorizo.



30 minutes



2 servings



Pork

18 August 2023

## Blend the pumpkin!

*You can cook the pumpkin separately and blend it with stock or milk and cheese of choice to make a creamy sauce!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	25g	125g

## FROM YOUR BOX

SHORT PASTA	1 packet (500g)
BROWN ONION	1
BUTTERNUT PUMPKIN	1
CHERRY TOMATOES	1 packet (200g)
STOCK PASTE	1 jar
FLAKED ALMONDS	1 packet (40g)
CHORIZO SAUSAGE	200g
BASIL	1 packet (20g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried rosemary

## KEY UTENSILS

large frypan with lid, saucepan, small frypan

## NOTES

You can use the whole packet of pasta and whole pumpkin to make extra servings!

You can use fresh rosemary from the garden if you have some!

**No gluten option – pasta is replaced with GF pasta.**



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### 1. COOK THE PASTA

Bring a saucepan of water to a boil. Add 1/2 packet pasta and cook according to packet instructions or until al dente (see notes). Drain and set aside.



### 2. COOK THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Dice onion and 1/2 pumpkin (2cm). Add to pan as you go. Halve and add cherry tomatoes. Stir in 1/2 tsp rosemary, stock paste and **1 cup water** (see notes). Cover and simmer for 15 minutes.



### 3. TOAST THE ALMONDS

Meanwhile, heat a small frypan over medium-high heat and toast almonds until golden. Transfer to a bowl and keep pan over heat.



### 4. COOK THE CHORIZO

Add **oil** to pan. Dice or slice chorizo, add to pan to cook for 5 minutes until crispy. Take off heat.



### 5. TOSS THE PASTA

Mash pumpkin slightly. Take off heat and toss with pasta, chorizo and basil leaves. Season with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Serve pasta at the table topped with toasted almonds.

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