



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Rosemary


The smell of rosemary is often associated with good food and good times. In terms of health, it contains substances that may stimulate the immune system, increase circulation and improve digestion.



H4 Creamy Pumpkin Pasta with Rosemary Seed & Nut Topping

Grain pasta tossed through hearty butternut pumpkin served with a crunchy and flavourful rosemary, almond and mixed seed topping and parmesan cheese.

 30 minutes

 4 servings

 Vegetarian

8 July 2022

Switch it up!

Roast the pumpkin for 20–25 minutes until golden and tender, toss through cooked veg and pasta. Alternatively if you need to hide veggies some fussy eaters, use a stick mixer to blend 1/2 the cooked pumpkin then toss through pasta to coat.

Per serve: **PROTEIN** 32g **TOTAL FAT** 22g **CARBOHYDRATES** 87g

FROM YOUR BOX

GRAIN PASTA	1 packet
BUTTERNUT PUMPKIN	1
BROWN ONION	1
TOMATOES	2
ROSEMARY	1 sprig
SEED+NUT MIX	1 packet (60g)
PARMESAN CHEESE	1 packet
BABY SPINACH	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried chilli flakes, 1 stock cube

KEY UTENSILS

2 frypans, saucepan

NOTES

The seed and nut mix is made up of pepitas, sunflower seeds and almonds.

Omit the chilli flakes if you want to make this more family-friendly. You can also substitute dried chilli flakes for cayenne pepper or chilli powder (only add 1/2 the quantity).



1. COOK THE PASTA

Bring a saucepan of water to the boil.

Add pasta to boiling water. Cook for 10–13 minutes until al dente.



2. SIMMER THE PASTA SAUCE

Heat a large frypan over medium-high heat with **oil**. Peel and dice pumpkin and onion. Dice tomatoes. Add vegetables to pan. Crumble in **stock cube** and pour in **1 cup water**. Simmer, covered, for 10 minutes.



3. MAKE THE TOPPING

Heat a small frypan over medium-high heat with **1 tbsp oil**. Finely chop rosemary leaves. Add to pan along with seed+nut mix. Toast for 2–4 minutes until nuts begin to brown. Remove to a bowl and mix with **1 tsp chilli flakes** (see notes), **salt and pepper**.



4. TOSS THE PASTA

Toss pasta, 1/2 parmesan and baby spinach through pasta sauce. Cook, covered, for a further 1–2 minutes until spinach is wilted. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Divide pasta among shallow bowls. Top with remaining parmesan cheese and rosemary seed+nut topping. Sprinkle over **chilli flakes** to taste if desired.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

