



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



4 servings



Pork

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
	41g	36g	127g

FROM YOUR BOX

SHORT PASTA	500g
BROWN ONION	1
BUTTERNUT PUMPKIN	1
CHERRY TOMATOES	2 x 200g
STOCK PASTE	1 jar
FLAKED ALMONDS	1 packet
CHORIZO SAUSAGE	200g
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried rosemary

KEY UTENSILS

large frypan with lid, saucepan, small frypan

NOTES

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

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta and cook according to packet instructions or until al dente. Drain and set aside.



2. COOK THE VEGETABLES

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