



### Product Spotlight: Ricotta

Ricotta means re-cooked. It is a fresh, soft Italian cheese made with whey. Whey is a liquid by-product in cheese making that is usually discarded, so it's a great sustainable product!



## Chicken and Pumpkin Cream Pasta

Creamy ricotta, rosemary and pumpkin sauce, tossed through long pasta and topped with juicy, pre-cooked chicken for a comforting, family-friendly dinner.



30 minutes



4 servings



Chicken

### Switch it up!

*Skip blending pumpkin. Roast the pumpkin instead of steaming for a deeper, caramelised flavour. Toss through sautéed onions and garlic along with ricotta.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	19g	97g

## FROM YOUR BOX

PRECOOKED CHICKEN BREAST	1 packet
LONG PASTA	1 packet
CHERRY TOMATOES	2x200g
BUTTERNUT PUMPKIN	1
BROWN ONION	1
GARLIC CLOVES	2
ROSEMARY	2 sprigs
RICOTTA	250g
BABY SPINACH	120g

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan, saucepan, oven dish, stick mixer

## NOTES

Leftover pumpkin can be roasted and used in salads, bowls, or wraps, or boiled and purée for muffins, pumpkin bread, or spiced loaf cake.

Add a pinch of ground nutmeg to the pumpkin mix for extra flavour.

For extra veg, add sautéed mushrooms, zucchini, or broccoli florets to the pasta.

If preferred, add chicken straight to pasta.

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



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### 1. COOK THE PASTA

Set oven to 220°C and remove **chicken** from fridge.

Bring a saucepan of water to a boil. Add **pasta** and cook according to packet instructions or until al dente. Reserve **2 cups cooking liquid** and drain pasta.



### 2. PREPARE THE INGREDIENTS

Toss **tomatoes** in a lined oven dish with **oil, salt and pepper**. Roast for 10–15 minutes until bursting.

Peel and dice **1/2 pumpkin** (see notes). Slice **onion** and crush **garlic**.



### 3. COOK THE PUMPKIN

Heat a large frypan over medium-high heat with **oil**. Add **onion** and sauté for 3 minutes to softened. Add **garlic, pumpkin, rosemary leaves** and **1 cup water**. Cover and cook for 10–12 minutes until pumpkin is tender.



### 4. BLEND THE SAUCE

Use a stick mixer to blend **pumpkin mix** and **ricotta** (see notes) to a smooth consistency. Return blended mix to pan.



### 5. TOSS THE PASTA

Add **pasta, reserved cooking liquid**, and **spinach** to pan. Toss to combine (see notes). Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Roughly chop or tear **chicken**.

Divide pasta among shallow bowls. Top with chicken and roasted tomatoes.

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