



Product Spotlight: Ricotta

Ricotta is a creamy curd. The curd is literally cooked twice hence the name "ricotta", meaning re-cooked. Ricotta cheese is low in fat and high in protein.



Switch it up!

Top the pasta some toasted flaked, slivered or chopped almonds, toasted pine nuts or toasted pumpkin seeds.

Pork Sausage Pasta with Roast Pumpkin and Ricotta

Flavourful pork sausage mince, tossed through pasta with roasted pumpkin and baby spinach, served with dollops of creamy ricotta and fresh parsley.



25 minutes



4 servings



Pork

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	51g	51g	132g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
FARFALLE PASTA	500g
PORK SAUSAGES	600g
BROWN ONION	1
GARLIC CLOVES	2
BABY SPINACH	120g
PARLSEY	1 packet
RICOTTA	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

For extra flavour add fennel seeds or dry or fresh sage or rosemary to the pumpkin to roast.

If desired, flavour the ricotta with lemon zest, salt and pepper or lemon pepper.

No gluten option – pasta is replaced with GF pasta. Cook according to packet instructions or until al dente.



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1. ROAST PUMPKIN

Set oven to 220°C and bring a saucepan of water to a boil.

Dice **pumpkin** and add to a lined oven tray. Toss with **oil, salt and pepper** (see notes). Roast for 15–20 minutes until golden and tender.



2. COOK THE PASTA

Add **pasta** to boiling water. Cook according to packet instructions or until al dente. Reserve **1/2 cup cooking liquid**. Drain pasta.



3. BROWN THE SAUSAGE

Squeeze sausage mince out of casing. Break up and add to a large frypan over medium-high heat with **oil**. Cook for 6–7 minutes until browned.



4. ADD THE ONION

Dice **onion** and crush **garlic**. Add to pan as you go. Sauté for 5 minutes until onion has softened.



5. ADD & TOSS THE PASTA

Add pasta, pumpkin, **baby spinach** and **reserved cooking liquid** to pan. Toss to combine. Cook for 2 minutes to wilt spinach. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Roughly chop **parsley** leaves and tender stems.

Serve pasta tableside. Dollop on **ricotta** (see notes) and garnish with parsley.

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