



### Product Spotlight: Butternut Pumpkin

Also known as butternut squash, butternut pumpkin is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of pumpkin!



*All the good stuff!*

*This dish is full of nourishing goodies:*

- Protein (pasta)
- Beta-carotene (pumpkin)
- Potassium (mushrooms)
- Vitamin C (lemon)
- Folate (leafy greens)

## 2 Rosemary Pumpkin Penne

Nutritious legume pasta with cubes of butternut pumpkin, golden mushrooms, fresh parsley and a zing of lemon - both light and comforting!



30 minutes



2-3 servings



Plant-Based

## FROM YOUR BOX

LEGUME PASTA	1 packet
BUTTERNUT PUMPKIN	1/2 *
RED ONION	1/2 *
CONTINENTAL CUCUMBER	1/2 *
RED CAPSICUM	1/2 *
MESCLUN LEAVES	1/2 bag (100g) *
LEMON	1
MUSHROOMS	150g
PARSLEY	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried rosemary (or dried herb of choice), dijon or wholegrain mustard

## KEY UTENSILS

large frypan, saucepan

## NOTES

Lightly crush the pumpkin as it gets softer for a creamier finish.

This dish will make an extra serve, perfect for a leftover lunch the next day!



### 1. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta and cook for 8–10 minutes or until al dente. Reserve 1/3 cup pasta water. Drain and rinse.



### 2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium heat with oil. Dice pumpkin (2cm) and slice onion. Add to pan as you go along with **2 tsp dried rosemary**. Increase pan heat to medium-high and cook for 10–12 minutes until tender (see notes).



### 3. PREPARE THE SALAD

Meanwhile, slice cucumber and capsicum. Toss with mesclun leaves. Zest the lemon and set aside (for step 5). Whisk together 1/2 lemon juice with **1 tbsp olive oil**. Set aside.



### 4. ADD MUSHROOMS

Quarter the mushrooms and add to pan along with **1/2 tbsp oil**. Cook for 5 minutes until browned.



### 5. TOSS THE PASTA

Reduce pan heat to low. Stir in **1/2 tbsp mustard**, lemon zest, 1 tbsp lemon juice, drained pasta and reserved pasta water. Take off heat. Chop and stir in parsley leaves. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Toss dressing through salad. Serve with pasta at the table.

**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](mailto:hello@dinnertwist.com.au)

