




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!



2 Rosemary Pumpkin Pasta

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

 30 minutes

 4 servings

 Plant-Based

All the good stuff!

This dish is full of nourishing goodies:

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

Per serve: **PROTEIN** 20g **TOTAL FAT** 10g **CARBOHYDRATES** 54g

FROM YOUR BOX

LEGUME PASTA	1 packet
BUTTERNUT PUMPKIN	1/2 *
RED ONION	1/2 *
CONTINENTAL CUCUMBER	1/2 *
CHERRY TOMATOES	1 bag (200g)
MESCLUN LEAVES	1 bag (200g)
LEMON	1
MUSHROOMS	300g
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 halve tomatoes. 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.

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