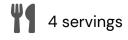


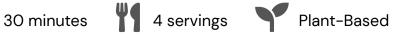


# Rosemary Pumpkin Pasta

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







This dish is full of nourishing goodies:

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

TOTAL FAT CARBOHYDRATES

20g 10g

## 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 *

<sup>\*</sup>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.

**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 **O481 072 599** or send an email to **hello@dinnertwist.com.au** 



