




Product Spotlight: Sunflower Seeds

Sunflower seeds are a winner in the plant-based protein camp. They are delicious as a snack or as a topping for salads, smoothie bowls, soups and dips! You can also blend them to make your own sunflower-seed butter.



4 Pumpkin 'Mac and Cheese'

Roast pumpkin is blended with Noshing Naturally marinated nut feta to make a creamy sauce, tossed through 3 grain penne pasta.

 35 mins

 4 servings

 Plant-Based

13 August 2021

Speed it up!

If you don't want to blend the pumpkin to make the sauce, simply toss the pasta and reserved pasta water with the marinated nut feta and roasted pumpkin.

Per serve: **PROTEIN** 21g **TOTAL FAT** 21g **CARBOHYDRATES** 87g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
3 GRAIN PENNE	1 packet
SEED MIX	1 packet
LEBANESE CUCUMBER	1
SNOW PEAS	1/2 bag (125g) *
MARINATED NUT FETA	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground nutmeg, smoked paprika, apple cider vinegar

KEY UTENSILS

frypan, saucepan, oven tray, stick mixer (or food processor)

NOTES

For an extra boost of protein you could add 2 tsp nutritional yeast and some soaked cashews.



1. ROAST THE PUMPKIN

Set oven to 220°C.

Peel and dice pumpkin. Toss on a lined oven tray with **oil, 1/2-1 tsp nutmeg, salt and pepper**. Roast for 20-25 minutes.



2. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions. Reserve **1/2 cup pasta water**. Drain, rinse and set aside.



3. TOAST THE SEEDS

Heat a frypan over medium-high heat with **2 tsp oil**. Add seed mix to pan with **1 tsp paprika**. Toast seeds to 2-4 minutes. Season with **salt and pepper**.



4. PREPARE SALAD

Whisk together **1 tsp vinegar, 2 tsp olive oil, salt and pepper**. Dice cucumber, trim and slice snow peas. Add to prepared dressing and toss to coat.



5. BLEND THE SAUCE

Use a stick mixer to blend half the roasted pumpkin with drained marinated nut feta, season with **salt and pepper** (see notes). Toss through pasta with **reserved pasta water** until well coated.



6. FINISH AND PLATE

Divide pasta evenly among shallow bowls. Top with remaining pumpkin and toasted seeds. Serve with salad.

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**

