

MARLEY SPOON



Pumpkin Farfalle Pasta

with Feta and Lemon



20-30min



2 Portions

Some ingredients are just destined to be together, like sweet caramelised pumpkin, salty feta, buttery walnuts and earthy sage. Here, we bring together these flavours for this vibrant dish of farfalle, or bow-tie pasta. The small cinched shape of the pasta is perfect for clinging on to the vegetables and the zesty oil that's drizzled over.

What we send

- farfelle pasta ¹
- zucchini
- 1 garlic clove and sage
- feta ⁷
- lemon
- red onion
- japanese pumpkin
- walnuts ¹⁵

What you'll require

- olive oil
- sea salt and pepper

Utensils

- large deep frypan
- large saucepan

Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

Allergens

Gluten (1), Milk (7), Tree Nuts (15).
May contain traces of other allergens.

Nutrition per serving

Energy 790.0kcal, Fat 34.7g, Proteins 26.2g, Carbs 88.1g



1. Prepare ingredients

Cut the **pumpkin** into 2cm chunks. Quarter the **zucchini** lengthwise, then cut into 2cm-thick slices. Finely chop the **onion**. Finely chop or crush the **garlic**. Pick the **sage** leaves and coarsely chop. Bring a large saucepan of salted water to the boil.



4. Cook zucchini mixture

While the pasta is cooking, heat **2 tsp oil** in the pan that was used for the pumpkin over high heat. Cook, stirring, the **onion** for 3 mins or until slightly softened. Add the **zucchini**, season with **salt and pepper**, and cook for a further 2-3 mins until golden and just tender.



2. Cook pumpkin

Toast **walnuts** in a cold large deep frypan over medium heat, tossing, for 3-5 mins until fragrant. Remove and set aside. Heat **2 tsp oil** to the pan. Add **pumpkin** and cook, tossing regularly, for 4 mins or until golden. Stir in **garlic**, cover with a lid and cook for 2 mins or until pumpkin is tender. Remove and set aside.



5. Make lemon oil

Meanwhile, grate the **lemon** rind and juice **half the lemon**. Combine the **remaining oil** with the **lemon zest** and **2 tsp lemon juice**. Crumble the **feta** into a bowl. Coarsely chop the toasted **walnuts**.



3. Cook pasta





While the pumpkin is cooking, add the **farfalle** to the pan of boiling salted water and cook for 8 mins or until al dente. Drain in a colander, reserving 2 tbs of the cooking water.



6. Get ready to serve

Add the **pumpkin, farfalle, reserved cooking water, sage, half the lemon oil** and **most of the feta** to the zucchini mixture. Gently toss through until combined. Divide the pasta among bowls and scatter with the **walnuts** and the **remaining feta**. Drizzle with the **remaining lemon oil** to taste.

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from imported
ingredients**