

DINNERLY



Caramelised Leek Pasta with Pumpkin and Feta



20-30 minutes



4 Servings

Bring out the natural sweetness in leek by pan-frying with pumpkin and garlic until soft and caramelised. Toss with pasta, baby spinach, feta and walnuts, and enjoy dead-set delicious flavours.

WHAT WE SEND

- 500g butternut pumpkin
- 100g feta ⁷
- 240g leek
- 500g spaghetti ¹
- 80g walnuts ¹⁵
- 200g baby spinach leaves

WHAT YOU NEED

- garlic clove
- olive oil
- sea salt and pepper

TOOLS

- large frypan
- large saucepan

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

COOKING TIP

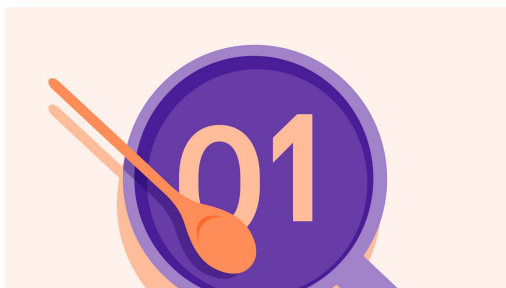
You will receive 1 to 3 leeks, depending on their size. Adding leek to the cooking water greatly enhances the flavour of the pasta; it will soften into delicious silky strands.

ALLERGENS

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

NUTRITION PER SERVING

Energy 765kcal, Fat 35.9g, Carbs 80.6g, Proteins 23.7g



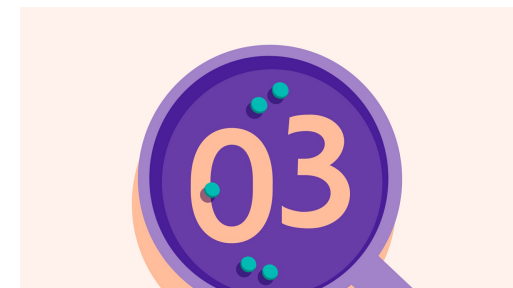
1. Prep ingredients

Bring a large saucepan of salted water to the boil for the pasta. Meanwhile, discard the dark green part of the **leeks** (see cooking tip). Cut **half the leek** in half lengthwise and add to the pasta cooking water. Thinly slice the **remaining leek** and set aside. Slice **4 garlic cloves**. Peel the **pumpkin** and cut into 1-2cm chunks.



2. Toast walnuts

Put the **walnuts** in a cold large frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan and set aside. Reserve the pan.



3. Cook pasta

Cook **three-quarters of the pasta** (the remaining pasta won't be used in this dish) in the pan of boiling water for 6-8 mins until al dente. Reserve **125ml (½ cup) cooking water**, then drain the pasta and leek.



4. Cook vegetables

While the pasta is cooking, coarsely chop the **walnuts**. Heat **60ml (¼ cup) olive oil** in the reserved frypan over medium heat. Cook the **pumpkin**, stirring occasionally, for 5 mins. Add the **garlic** and **sliced leek** and cook, stirring, for 5 mins or until softened and light golden. Season with **salt and pepper**.







5. Serve up

Add the **spinach** and cook, tossing, for 1-2 mins until the spinach is starting to wilt. Add the **pasta and leek mixture** and **reserved cooking water**, season with **salt and pepper** and toss to combine. Divide the **caramelised leek pasta** among bowls. Scatter over the **walnuts** and crumble over the **feta** to serve.



6. Make it yours

Add a little kick with a smattering of finely chopped red chilli or scatter over chopped dill or parsley for fresh, fragrant herbs.

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