

DINNERLY



Lemon Pumpkin Pasta with Baby Spinach



20-30 minutes



2 Servings

The secret is in the sauce with this one. Pan-fry pumpkin and garlic until golden, then toss with miso, butter and stock. Shhh... don't tell anyone, it's that simple!

WHAT WE SEND

- 500g Japanese pumpkin
- 250g tagliatelle pasta ¹
- 20g miso paste ^{1,6}
- 70g baby spinach leaves
- 1 lemon
- 50g parmesan ⁷

WHAT YOU NEED

- butter ⁷
- chilli flakes
- garlic clove
- olive oil

TOOLS

- fine grater
- large frypan with lid
- medium saucepan

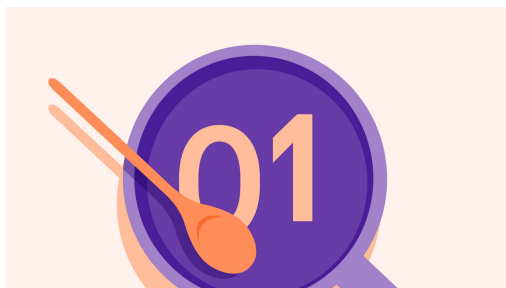
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 710kcal, Fat 25.0g, Carbs 84.0g, Proteins 26.6g



1. Prep ingredients

Bring a medium saucepan of salted water to the boil for the pasta. Peel the **pumpkin** and cut into 1-2cm chunks. Crush or finely chop **1 garlic clove**. Cut **half the lemon** into wedges (the remaining lemon won't be used in this dish). Finely grate the **parmesan**.



2. Cook pumpkin

Heat **1 tbs olive oil** in a large frypan over medium heat. Cook the **pumpkin** and **garlic**, covered, stirring occasionally, for 15 mins or until soft. Remove the pan from the heat.



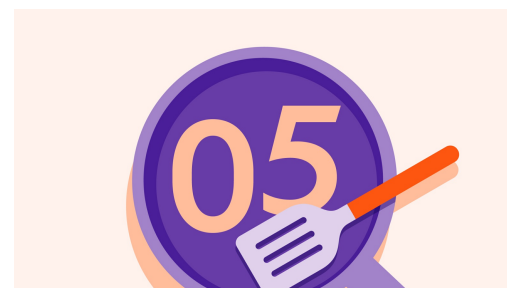
3. Cook pasta

Meanwhile, cook **three-quarters of the pasta** (the remaining pasta won't be used in this dish) in the pan of boiling water for 9 mins or until al dente. Reserve **125ml (½ cup) cooking water** in a heatproof jug, then drain the pasta. Add **1 tbs miso paste** to the cooking water and stir to dissolve.



4. Make sauce

Reserve **half the pumpkin**, then coarsely mash the **remaining pumpkin** in the pan. Add the **pasta**, **miso water**, **spinach**, **15g butter** and a **pinch of chilli flakes**, if desired. Return the pan to medium-high heat and cook, stirring, for 2 mins or until the spinach has wilted. Taste, then season with **salt and pepper**.



5. Serve up

Divide the **pasta mixture** among bowls, top with the **reserved pumpkin**, then scatter over the **parmesan**. Serve with the **lemon wedges** for squeezing over and enjoy.



6. Make it yours

Scatter with toasted slivered almonds for extra delicious crunch.