
Pumpkin and Lemon Linguine

with Parmesan and Ricotta



20-30min



4 Portions

Proving pasta dishes can be flavourome without a heavy sauce, this plate of veggie-packed goodness uses the traditional Italian method of combining a little starchy pasta water with aromatics to coat the pasta. Simply throw in fresh ricotta and the obligatory handful of parmesan and say hello to your new family fav.

What we send

- lemon
- parmesan ⁷
- onion
- zucchini
- pumpkin
- green beans
- garlic
- ricotta cheese ⁷
- tagliatelle pasta ¹

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- olive oil
- sea salt and pepper

Utensils

- colander
- large deep frypan with lid
- large saucepan

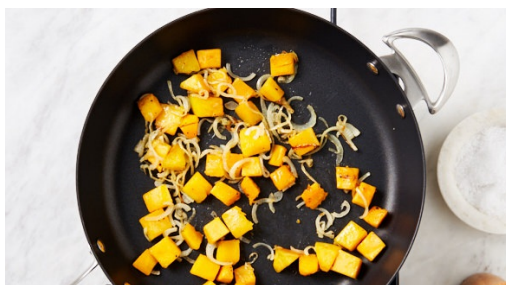
Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

Nutrition per serving

Energy 745kcal, Fat 24.4g, Carbs 87.3g, Proteins 32.3g



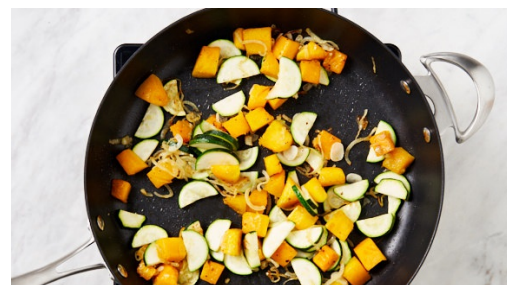
1. Cook pumpkin

Read through the recipe. Bring a large saucepan of salted water to the boil for the pasta. Peel the **pumpkin** and cut into 1cm chunks. Halve the **onions**, then thinly slice. Heat **2 tbs olive oil** in a large deep frypan over medium-high heat. Add the pumpkin and onion, season with **salt and pepper** and cook, stirring, for 6 mins or until softened.



4. Cook pasta

Cook **three quarters of the pasta**** in the pan of boiling water for 5 mins. Add the **beans** and cook for a further 3-4 mins until the pasta is al dente. Reserve **125ml (½ cup) cooking water**, then drain the pasta and beans.



2. Add zucchini

Halve the **zucchini** lengthwise, then thinly slice. Thinly slice the **garlic**. Add the zucchini and garlic to the **pumpkin mixture** and cook, stirring regularly, for 6 mins or until golden and tender.



5. Grate parmesan

Meanwhile, finely grate the **parmesan**. Coarsely crumble the **ricotta**.



3. Prepare beans

Meanwhile, trim the **beans** and cut into 3cm lengths. Finely grate the zest of **1 lemon**, then juice. Cut the **remaining lemon** into wedges.



6. Get ready to serve

Add the **pasta, beans, lemon zest, lemon juice** and **reserved cooking water** to the **vegetable mixture** and toss to combine. Gently stir through the **parmesan** and **ricotta**. Taste, then season with **salt and pepper**. Divide the **pasta** among bowls and serve with **lemon wedges**.