

# Creamy Pumpkin Pasta

## Ingredients

Serves 2 Adults and 2 Children

500g pumpkin cut into large dice

Olive oil

2 brown onions finely diced

2 cloves garlic crushed

2 teaspoons sweet paprika

1 x 400g can chickpeas drained

½ cup frozen peas

300g pasta

150g smooth ricotta

80g fresh spinach

150g green beans

1 head broccoli cut into florets

Parmesan



Vegetarian



Dairy Free Option:

Omit the ricotta and parmesan



Gluten Free Option:

Use gluten free pasta

## Method

1. Preheat the oven to 180°C and line a tray with baking paper.
2. In a large bowl toss the pumpkin with a little olive oil and 1 teaspoon of paprika and bake for 20mins until tender, blend into a puree, set aside.
3. Sauté the onion and garlic for a few minutes then add 1 teaspoon of paprika and chickpeas and toss to coat well, set aside.
4. Boil a large pot and cook the pasta, adding the peas at the last moment just to heat through.
5. Blanche beans and broccoli and place into a serving dish.
6. Drain pasta reserving a little water to use later.
7. Place pasta back into the pot and add the pumpkin, chickpeas, half the spinach and ricotta and mix well. If it is too thick add a little of the reserved pasta water and stir. Place into serving dish.



## Serving Suggestion

Place spinach in a serving dish top with pasta and garnish with parmesan.



## Ingredients

- 500g pumpkin cut into large dice
- Olive oil
- 2 brown onions finely diced
- 2 cloves garlic crushed
- 2 teaspoons sweet paprika
- 1 x 400g can chickpeas drained
- ½ cup frozen peas
- 300g pasta
- 150g smooth ricotta
- 80g fresh spinach
- 150g green beans
- 1 head broccoli cut into florets

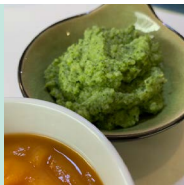
## Method

1. Make dish as per recipe
2. Reserve some puree pumpkin
3. Puree broccoli and beans
4. Mash the chickpeas for babies
5. Use a small variety of pasta for babies

**Note:** If cooling and freezing use food safe cooling Practices (2hr/4hr Cooling Rule)

### Smooth Puree

Select the amount of each cooked ingredient you require and blitz with a food processor. Add a tablespoon of boiled water and keep blending until mix reaches the desired consistency.



### Lumpy Mash

Select the amount of each cooked ingredient you require and with a fork or masher, mash until desired texture is reached. Add boiled water if required.



### Finger Food

Offer pasta as a lumpy mash to eat with a spoon. Offer blanched vegetables as finger food.

