



# UCCOOK

## Silky Pumpkin & Sage Pasta

with toasted pistachio nuts & scrambled tofu

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

**Veggie:** Serves 1 & 2

**Chef:** Jenna Peoples

**Wine Pairing:** Groote Post Winery | Groote Post Chenin Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 440kJ    | 3023kJ      |
| Energy             | 105kcal  | 723kcal     |
| Protein            | 4.6g     | 31.7g       |
| Carbs              | 15g      | 106g        |
| of which sugars    | 3g       | 20.6g       |
| Fibre              | 2.3g     | 15.8g       |
| Fat                | 2.6g     | 17.7g       |
| of which saturated | 0.4g     | 2.9g        |
| Sodium             | 42mg     | 290mg       |

**Allergens:** Gluten, Tree Nuts, Wheat, Soya, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                |
|----------|------------|------------------------------------------------|
| 250g     | 500g       | Pumpkin Chunks<br><i>cut into small chunks</i> |
| 10ml     | 20ml       | NOMU One For All Rub                           |
| 75g      | 150g       | Spaghetti                                      |
| 15g      | 30g        | Pistachio Nuts<br><i>roughly chop</i>          |
| 1        | 1          | Onion<br><i>peel &amp; roughly slice ½ [1]</i> |
| 110g     | 220g       | Non-GMO Tofu                                   |
| 1        | 2          | Garlic Clove/s<br><i>peel &amp; grate</i>      |
| 5g       | 10g        | Fresh Sage<br><i>rinse &amp; roughly chop</i>  |
| 60ml     | 125ml      | Buttanut Macadamia Yoghurt                     |
| 5ml      | 10ml       | Nutritional Yeast                              |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Blender

**1. NOMU-SPICED PUMPKIN** Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Coat in oil, the NOMU rub and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

**2. AL DENTE PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

**3. TOASTED PISTACHIOS** Place the pistachios in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. ONION, GARLIC & SAGE** Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, add the garlic, and the sage. Place ⅓ of the roasted pumpkin, the sage and sautéed onion mix into a blender with the macadamia yoghurt, the yeast and seasoning. Blend until smooth, loosening with the reserved pasta water until desired consistency. Remove the remaining mixture from the pan and set a side.

**5. SCRAMBLED TOFU** Return the pan to medium heat with a drizzle of oil. Fry the tofu, breaking it up with your spatula as it starts to brown, 4-5 minutes. Season and remove from the pan.

**6. COAT IN DELICIOUSNESS** When the tofu is finished, add the cooked spaghetti and pumpkin purée to the pan and return the pan to low heat. Mix to coat the spaghetti, loosening with the remaining pasta water until saucy.

**7. MAMMA MIA!** Plate up the silky spaghetti and garnish with the remaining pumpkin chunks and toasted pistachio nuts. Enjoy, Chef!