



UCOOK

Silky Pumpkin & Sage Pasta

with toasted pistachio nuts

You will feel like an accomplished Chef as you toss al dente strands of spaghetti in a homemade roasted pumpkin, sage, garlic, macadamia yoghurt, nutritional yeast & onion puree. Served with toasted pistachio nuts.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Jenna Peoples

Veggie

Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

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Ingredients & Prep

750g	Pumpkin Chunks <i>cut into small chunks</i>
30ml	NOMU One For All Rub
300g	Spaghetti
2	Onions <i>peel & roughly slice</i>
3	Garlic Cloves <i>peel & grate</i>
15g	Fresh Sage <i>rinse & roughly chop</i>
60g	Pistachio Nuts <i>roughly chop</i>
180ml	Buttanut Macadamia Yoghurt
15ml	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 pieces on a roasting tray. Coat in oil and the NOMU rub. Roast in the hot oven until golden, 35-40 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, 13-15 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

3. ONION, GARLIC & SAGE Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 6-7 minutes (shifting occasionally). In the final 1-2 minutes, add the grated garlic, and the chopped sage.

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

5. PUMPKIN PUREE Place ⅓ of the roasted pumpkin and the sage and sautéed onion mix to a blender with the macadamia yoghurt, the yeast and seasoning. Blend until smooth, loosening with the reserved pasta water until desired consistency.

6. COAT IN DELICIOUSNESS Return the pan to medium heat. Add the cooked spaghetti and pumpkin puree. 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!

Nutritional Information

Per 100g

Energy	518kJ
Energy	124kcal
Protein	4.3g
Carbs	20g
of which sugars	3.5g
Fibre	2.7g
Fat	2.6g
of which saturated	0.5g
Sodium	63mg

Allergens

Gluten, Allium, Wheat, Tree Nuts

Eat
Within
3 Days