



(02) 8188 8722 | HelloFresh.com.au

WK34
2016

Pumpkin Sage Pasta with Crispy Bacon & Parmesan Cheese

This wholegrain pasta is a symphony of subtle flavours and textures; you're going to love it. Sweet, caramelised pumpkin creates a creaminess all by itself, while browned butter provides a nutty base for the crispy sage and toasted walnuts. All that's left to do is to finish with some fresh Parmesan cheese.

 **Prep:** 10 mins
 **Cook:** 25 mins
 **Total:** 35 mins

 level 1
 helping hands

Pantry Items



Olive Oil



Butter



Wholemeal Spirals



Brown Onion



Middle Bacon



Pumpkin



Sage



Walnuts



Baby Spinach






Parmesan Cheese

JOIN OUR PHOTO CONTEST



#HelloFreshAU

QTY	Ingredients
1 packet	wholemeal spirals
2 tbs	olive oil *
1	brown onion, finely sliced
1 packet	middle bacon, rind removed & sliced into strips
800 g	peeled pumpkin, cut into 2 cm cubes 
100 g	butter *
1 bunch	sage, leaves torn
¼ cup	walnuts (optional)
½ bag	baby spinach, washed 
1 block	Parmesan cheese, finely grated

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	3860	Kj
Protein	32.7	g
Fat, total	44.9	g
-saturated	17.6	g
Carbohydrate	90.7	g
-sugars	9.8	g
Sodium	840	mg



You will need: *chef's knife, chopping board, colander, fine grater, large pot, large frying pan and wooden spoon.*

1 Bring a large pot of salted water to a boil. Add the **wholemeal spirals** and cook for **10 minutes** or until 'al dente'. Drain well and return the pasta to the pot off the heat.

2 Meanwhile, heat half of the **olive oil** in a large frying pan over a medium-high heat. Add the **brown onion** and **middle bacon** and cook, stirring, for **5 minutes** or until the onion is soft and the bacon is slightly crispy. Remove the onion and bacon from the frying pan. Heat the remaining olive oil in the same frying pan and add the cubed **pumpkin**. Cook, without stirring, for **6-8 minutes** or until it starts to caramelise on the bottom. Give the pan a shake to redistribute the pumpkin and then continue cooking for a further **3 minutes**. Add the onion, bacon, **butter**, **sage** and **walnuts** (if the kids don't like walnuts you can stir them through your meal at the end) and continue cooking until the butter begins to brown and the sage crisps up (about **1-2 minutes**).

3 Remove the frying pan from the heat and stir the pumpkin mixture and **baby spinach** through the cooked pasta. The residual heat from the pasta will wilt the spinach.

4 To serve, divide the pasta between bowls. Top with the finely grated **Parmesan cheese** and toss to coat well. Season to taste with **salt and pepper**.

Did you know? The word sage originates from the latin word "salvere" meaning "to be saved."

