

ROASTED PUMPKIN & SOUR CREAM PASTA

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COOK TIME: 35mins

SERVES: 2

CALORIES: 432 kcal (PER SERVING)

INGREDIENTS

250 g/9 oz pasta

half of a small pumpkin, +/- 500 g (18 oz), with
skin, seeded

1 whole garlic head

3 tbsp olive oil

salt + black pepper

1 tsp crushed red pepper flakes, more for serving

4/4 cup/200 g sour cream

1/2 cup/125 ml hot chicken or vegetable broth

1/4 cup/40 g grated parmesan, more for serving

1 tbsp lemon juice

1 tbsp chopped parsley

4 tbsp pumpkin seeds

15 fresh sage leaves

DIRECTIONS

Preheat the oven to 200°C/400°F.

Cut the pumpkin (with skin) into small cubes. Cut the garlic head in half.

Place pumpkin on a rimmed baking sheet. Drizzle with olive oil and season with salt, pepper and red pepper flakes.

Nestle garlic between pumpkin.

Roast for 20-25 minutes. You can cover the baking sheet with aluminum foil to prevent the pumpkin from turning black.

After this time, add pumpkin seeds and sage leaves. Place the baking sheet back in the oven and bake for 5-10 minutes more or until golden brown.

In the meantime, boil the pasta in salted water until al dente. Drain, reserving 1/2 cup of the cooking water.

When the pumpkin is ready, transfer (without pumpkin seeds and sage leaves) to a food processor. Add sour cream, lemon juice, parmesan and hot chicken broth. Squeeze out about 6 garlic cloves (you can store the rest in the fridge and use in any other recipe). Season with salt and pepper. Purée until smooth.

Toss with pasta, add chopped parsley and a good splash of cooking water. Add more if the sauce is too thick.

Serve with toasted pumpkin seeds, crispy sage leaves, red pepper flakes and grated parmesan. Enjoy!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.