

PUMPKIN FETTUCINI

OCTOBER RECIPE



SERVES 4+

TIME: 20 MINS

INGREDIENTS

- ½ packet fettucini pasta
- 1/8 pumpkin
- 1 small head of broccoli (or 1 bunch broccolini)
- 4 handfuls of spinach, silverbeet or other garden greens
- 200g feta
- Ground pepper
- pinch Nutmeg
- 3 spring onions sliced

TIP

Add some chopped, cooked chicken meat for a protein boost

INSTRUCTIONS

1. Bring pot to boil and cook pasta.
2. Peel and chop the pumpkin. Add to a large saucepan with a small amount of boiling water.
3. When the pumpkin is almost cooked add the chopped broccoli (or broccolini) and a little more water if needed. Continue cooking for 2-3 minutes until pumpkin is very soft.
4. Chop the green leaves and add to other veggies. Drain off water.
5. When ready to serve stir the cooked pasta into the veggies with the crumbled feta, pepper and nutmeg.
6. Sprinkle spring onions generously on top.



RECIPE
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to access!

Fruit & Veg
EVERY DAY

