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Pumpkin Pasta

Introduction

Pasta with pumpkin is a delightful dish that showcases the rich flavors and vibrant colors of this seasonal vegetable. This recipe combines creamy pumpkin with aromatic spices to create a comforting and nutritious spread that can be enjoyed in various ways. Whether served on bread, incorporated into pasta, or used as a dip, this pumpkin paste is sure to please.

Detailed Ingredients with measures

Pumpkin - 500 grams
Garlic - 2 cloves
Olive oil - 3 tablespoons
Salt - to taste
Black pepper - to taste
Nutmeg - a pinch
Parmesan cheese - 50 grams (optional)
Fresh herbs (optional) - for garnish

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time: 30 minutes
Total Time: 45 minutes
Yield: Serves 4

This simple yet delicious paste can elevate any meal and is perfect for those looking to incorporate more vegetables into their diet. Enjoy making and tasting this pumpkin delight!



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Detailed Directions and Instructions

Step 1: Prepare the Pumpkin

Cut the pumpkin into small pieces. Remove the seeds and peel the skin.

Step 2: Cook the Pumpkin

Place the pumpkin pieces in a pot, cover with water, and boil until soft. This should take about 15-20 minutes.

Step 3: Drain and Cool

Once cooked, drain the pumpkin and let it cool for a few minutes.

Step 4: Blend the Ingredients

Transfer the cooled pumpkin to a blender. Add olive oil, garlic, and your choice of spices. Blend until smooth.

Step 5: Taste and Adjust

Taste the mixture and adjust the seasoning as necessary. You may add more spices or oil to reach your desired flavor.

Step 6: Serve

Transfer the blended pumpkin paste to a serving dish. You can serve it with bread or as a dip.

Notes

Note 1: Storage

Store any leftovers in an airtight container in the refrigerator for up to 4 days.

Note 2: Serving Suggestions

This pumpkin paste pairs well with toasted bread, crackers, or fresh vegetables.

Note 3: Variations

Feel free to experiment with different herbs and spices to customize the flavor according to your preference.

Note 4: Vegan Option

This recipe is vegan-friendly and does not contain any animal products.



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Cook techniques

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