



# PESTO SPAGHETTI WITH ROAST PUMPKIN

(TM6, TM5, TM31)

⌚ 20 min. ⌚ 50 min. ⌚ easy ⌚ 4 portions ⌚ Per 1 portion: Energy 2097.8 kJ, Energy 499.5 kcal, Protein 18.3 g, Carb 44 g, Fat 25.2 g, Saturated Fat 5.1 g, Dietary fibre 12.4 g, Sodium 281.8 mg

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## INGREDIENTS

6 garlic cloves  
50 g extra virgin olive oil  
400-450 g pumpkin, cut into pieces (2-3 cm)  
50 g Parmesan cheese  
40 g fresh basil leaves  
100 g fresh baby spinach  
1 lemon, juice only  
sea salt, to taste  
ground black pepper, to taste  
1500 g water  
200 g cherry tomatoes (approx. 1 punnet), cut into halves  
1 bunch asparagus, trimmed and cut into thirds  
220 g dried spaghetti (wholemeal or spelt)  
rocket (approx. 60 g), to serve  
1-2 tbsp walnuts (approx. 40 g), roughly broken

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## USEFUL ITEMS

baking tray (30 x 40 cm), baking paper, large bowl, serving bowls

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## THERMOMIX PARTS

measuring cup, spatula, simmering basket

## Preparation

1. Preheat oven to 180°C. Line a baking tray (30 x 40 cm) with baking paper and set aside.
2. Place 4 cloves of the garlic into mixing bowl and chop **3 sec/speed 7**. Scrape down sides of mixing bowl with spatula.
3. Add 30 g of the oil and pumpkin and combine **5 sec/⌚/speed 1.5**. Place on prepared baking tray, place into oven and roast 20 minutes (180°C). Meanwhile continue with recipe.
4. Without cleaning mixing bowl. Place Parmesan cheese and remaining garlic and grate **5 sec/speed 7**. Scrape down sides of mixing bowl with spatula.
5. Add basil, spinach, lemon juice and remaining oil. Season with salt and pepper and blend **5 sec/speed 7**. Repeat blending if needed **5 sec/speed 7**, until a chunky pesto is achieved. Pour into a large bowl and set aside. Rinse mixing bowl.
6. Place water into mixing bowl and heat **10 min/120°C/speed 1 (TM31: 10 min/Varoma/speed 1)**. Meanwhile prepare asparagus and cherry tomatoes.
7. Add pasta through hole in mixing bowl lid and cook **9-10 min/100°C/⌚/speed ⌚, without measuring cup**. Meanwhile add asparagus and tomatoes to baking tray with pumpkin and roast 5-8 minutes (180°C) or until tomatoes have softened.
8. Using simmering basket, drain pasta and place in bowl with pesto, then toss to combine. Divide the pasta between 4 serving bowls and top with roasted vegetables, rocket and walnuts. Season with salt and pepper before serving.

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## MEDIA



