

Creamy pumpkin, bacon & craisin penne



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Preparation: about 20 minutes
Cooking: about 35 minutes
Serves: 4

750g butternut pumpkin, peeled and cut into 3–4 cm pieces
250g rindless short-cut bacon, chopped
2 garlic cloves, finely chopped
Olive oil cooking spray
350g dried penne pasta
¼ cup craisins
1 cup thickened light cream
1 cup finely grated parmesan cheese + extra to serve
Salt and ground black pepper

1. Pre-heat oven to 220°C/180°C fan-forced. Place pumpkin, bacon and garlic on a large baking tray lined with non-stick baking paper. Spray liberally with oil. Bake for 25–30 minutes, tossing once, until tender and crisp on the edges
2. Cook penne following packet directions until al dente. Place craisins into a small heatproof bowl. Cover with water and microwave on high for 1 minute. Set aside.
3. Drain penne and return to the pan. Add pumpkin, craisins, cream and parmesan. Season with salt and pepper to taste. Toss over low heat until hot and serve with extra parmesan.



Pumpkin

- A good source of beta carotene, which the body converts to vitamin A. The deeper the colour, the higher the content of beta carotene.
- Provides potassium, which helps balance adverse effects of consuming salt.
- A source of vitamin C and dietary fibre.



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