

Roast pumpkin, rocket & currant fettuccine



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Ingredients:

- 1 kg butternut pumpkin, peeled and cut into 3cm pieces
- Olive oil spray
- 2 garlic cloves, finely chopped
- Salt and ground black pepper
- 1/3 cup chicken stock
- 1/3 cup currants
- 400g dried fettuccine pasta
- 80g rocket leaves
- 2 tbs extra virgin olive oil
- 100g feta cheese, crumbled

Health benefits:

Pumpkin

- Excellent source of vitamins A and C
- One cup of pumpkin provides over 80% of your total vitamin A requirements
- Good source of potassium and folate
- Contains some iron

Method:

1. Preheat oven to 220°C. Place pumpkin onto a greased baking tray. Spray with olive oil spray and sprinkle with garlic and salt and pepper to taste. Toss pumpkin gently to evenly coat in oil. Roast pumpkin for 30 minutes or until just tender.
2. Meanwhile, place chicken stock and currants in a small heat-proof bowl. Cover with plastic wrap and microwave on high/100% for 3 minutes. Set aside.
3. Halfway through cooking pumpkin, cook fettuccine in a large saucepan of boiling water, following packet directions. Drain and return to pan.
4. Add roast pumpkin and pan juices, currant mixture, rocket, extra virgin olive oil and feta to fettuccine. Season with salt and pepper to taste. Gently toss over low heat until rocket just wilts and serve.

Serves: 4

Preparation: 20 minutes

Cooking: 45 minutes

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