

Pumpkin, crisp sage & parmesan pasta



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Preparation: about 15 minutes

Cooking: about 20 minutes

Serves: 4

750g butternut pumpkin, deseeded and cut into ½ cm-thick small wedges

Olive oil or olive oil spray

Salt and ground black pepper

600g fresh spinach and ricotta-filled pasta (like Agnolotti or Tortellini)

½ cup olive oil

1 bunch sage, remove leaves from stems

Extra virgin olive oil, to serve

Grated parmesan cheese, to serve

1. Heat a char-grill or non-stick frying pan over medium-high heat. Spray or brush pumpkin on both sides with oil and season with salt and pepper to taste. Cook pumpkin, in batches, for 2–3 minutes on each side until tender. Keep warm.
2. Meanwhile, cook the pasta in a large saucepan of boiling water, following packet directions, until just tender.
3. Heat olive oil in a small frying pan or saucepan over medium heat until hot. Add sage leaves and fry until crisp. Transfer to a plate lined with paper towel.
4. Drain pasta. Arrange pasta in serving bowls. Top with pumpkin and sage. Drizzle with extra virgin olive oil and sprinkle with grated parmesan. Season with salt and pepper to taste and serve.



Butternut pumpkin

- Like other orange-fleshed vegetables, butternut pumpkin is a good source of beta carotene, which the body converts to vitamin A.
- Also provides many related carotenoids which help keep body tissues healthy.
- Provides potassium, which the body puts to good use in combating the harmful effects that excess sodium (from salt) has on blood pressure.
- A source of niacin (vitamin B3) which is essential in the reactions that convert proteins and carbohydrates to provide energy.