

Roasted pumpkin, rocket & currant linguine



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Preparation 30 mins | Cooking 45 mins | Makes 6

¼ cup chicken stock

⅓ cup currants

1 kg butternut pumpkin, peeled and cut into 3cm pieces

2 garlic cloves, finely chopped

olive oil cooking spray

400g dried linguine or fettuccine pasta

75g baby rocket leaves

2 tbs extra virgin olive oil

100g feta cheese, crumbled

STEP 1 Preheat oven to 220°C/200°C fan-forced. Line a baking tray with baking paper. Place stock and currants in a small heat-proof bowl. Cover with plastic wrap and microwave on high/100% power for 3 minutes. Set aside.

STEP 2 Place pumpkin and garlic onto the prepared tray. Spray with oil, tossing pumpkin to evenly coat. Season with salt and pepper to taste. Roast pumpkin for 30 minutes or until tender. Halfway through cooking the pumpkin, cook pasta in a large saucepan of boiling water, following packet directions, until al dente. Drain and return to pan.

STEP 3 Add roasted pumpkin, currant mixture, oil and rocket to pasta. Season with pepper to taste. Gently toss over low heat until rocket just wilts. Toss through feta and serve.

Good for you... **BUTTERNUT PUMPKIN**

Provides beta carotene, converted to vitamin A in the body and needed for normal vision. The deeper the colour, the higher the content of beta carotene.

A source of vitamin C, which contributes to the normal functioning of the body's immune system.

Provides folate, a B vitamin that is necessary for formation of normal blood cells.

