



## CREAMY PUMPKIN PASTA

**Season:** winter  
**From the garden:** pumpkin, parsley, garlic  
**Type:** main  
**Difficulty:** easy  
**Country of origin:** italy  
**Serves:** 6 serves or 30 tastes  
**Source:** [www.anitalianinmykitchen.com](http://www.anitalianinmykitchen.com)

### Equipment

- \*large pot
- \*colander
- \*frying pan
- \*chopping board
- \*knife
- \*measuring cup
- \*measuring spoon
- \*cheese grater
- \*kitchen scales

### Ingredients

- \*350 g dried pasta (any shape)
- \*1 1/1 cup cooked, pureed pumpkin
- \*2 tbsp oil
- \*2 cloves garlic
- \*1 tsp salt (for pasta cooking water)
- \*1/2 cup grated cheese
- \*1/3 cup cream or sour cream
- \*3 tbsp chopped parsley
- \*salt and pepper to taste

### Method

1. bring water in a large pot to boil, add one tsp of salt and cook pasta al dente
2. peel and chop garlic and fry in a little bit of oil for a minute
3. add pumpkin puree, cheese, cream, salt and pepper
4. drain the pasta in a colander, but reserve a little bit of the cooking water

5. add the pasta to the other ingredients and mix well
6. add some of the cooking water if the sauce is too dry
7. sprinkle with chopped parsley and serve

**Notes:** al dente means “firm to the bite”, not overcooked pasta.

**Skills:** measuring, *sautéing*