



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...

DAVE'S RECIPE BOX

PUMPKIN, SAGE & PECORINO MACCHERONI PASTA



PREP
10 min



COOK
25 min



SERVES
4

INGREDIENTS:

- > 500g Maccheroni
- > 100g Pecorino Cheese
- > 20g Pine Nuts
- > 500ml Vegetable Stock
- > 1 Brown Onion
- > 3 Garlic Cloves
- > $\frac{3}{4}$ Sage Bunch
- > $\frac{1}{4}$ Jap Pumpkin

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > Olive Oil
- > 1 Tbsp Butter
- > $\frac{1}{2}$ Cup Milk

METHOD – GET COOKING!



1

Bring a large pot with salted water to the boil and preheat the oven to 200°C.

Dice the onion and crush the garlic. Pick and chop the sage, reserve about 10 leaves for garnishing. Remove the seeds and skin off the pumpkin and dice into 2cm pieces then set aside.

Place the pine nuts on a baking tray and cook for 5-7 minutes until golden brown and set aside.

2

In a large frying pan on a medium high heat, drizzle olive oil and sauté the garlic and onion for 2 minutes. Add the pumpkin, the chopped sage and sauté for a further 3 minutes. Add the stock and bring to the boil.

Once boiling, turn down to a medium heat and cook for 15 minutes until pumpkin is tender.

Meanwhile, place the pasta into the boiling water and cook for 13 minutes or as per packet instructions.

3

Once the liquids of the pumpkin have reduced by half, add the milk and stir through. Once the pumpkin is cooked and soft, turn off the heat and add the butter, stir through.

Using a stick blender, pulse the pumpkin until is half puree and half chunky. Grate the pecorino cheese and stir through until well combined.

4

Drain the pasta and add to the sauce. Season with salt, pepper and add a sprinkle of freshly chopped sage.

Sprinkle the roasted pine nuts and serve hot with extra pecorino to garnish.

CHEF'S TIPS FOR COOKING AND LEFTOVERS...

- If you don't have a stick blender, place half of the pumpkin and cooking liquids into a normal blender, blitz until pure and place back on the pan with the rest of the sauce, mix well.
- Use leftover stock for cooking any stews or slow cook meats or in another pasta sauce.
- Use leftover cheese on a different pasta dish, pizza or salads.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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