



Pasta Shells with Pumpkin Pesto

1 hour 10 min

Hands on

6-8

Portion(s)

2

Difficulty



Method

- Preheat oven to 200* C (392* F) Fan.
- Remove the skin and seeds from the pumpkin.
- Cut the flesh in to ½ - 1 cm cubes, drizzle 2-3 tablespoons of olive oil and season with salt and pepper.
- Transfer to a baking pan lined with parchment paper.
- Cover the pan with aluminum foil and bake for 20 minutes.
- Remove foil and bake for another 15-25 minutes, so that most of the moisture evaporates.
- When ready, add half of the pumpkin in a food processor, along with 100 g of the feta cheese, garlic, mustard, half of the ground coriander, pepper and some olive oil.
- Beat until you create a nice pumpkin pesto sauce. The amount of olive oil added will depend on how juicy the pumpkin is. You want to create a pesto sauce that is quite thin.
- In the meantime, boil the pasta shells according to the directions on the box. When ready, drain and toss with the pesto sauce.
- To the other half of the pumpkin cubes, add the remaining ground coriander and feta.
- Serve the pasta shells topped with pumpkin cubes and mustard leaves.

Ingredients

- 1 1/2 kilo pumpkin, whole
- 120 g olive oil
- salt
- pepper, freshly ground
- 250 g feta cheese
- 3 clove(s) of garlic
- 1/8 teaspoon(s) mustard, powder (optional)
- 1 teaspoon(s) coriander, powder +extra for serving
- 500 g shell pasta

Διατροφικός πίνακας

Nutrition information per portion

415 Calories (kcal)	20.0 Total Fat (g)	6.4 Saturated Fat (g)	43.0 Total Carbs (g)
21%	29%	32%	17%
4.3 Sugars (g)	13.0 Protein (g)	4.4 Fibre (g)	1.6 Sodium (g)
5%	26%	18%	27%