



Creamy Pumpkin Fusilli & Sage-Walnut Crumb

with Pear & Rocket Salad

Grab your Meal Kit with this symbol



Red Onion



Peeled & Chopped Pumpkin



Sage



Walnuts



Pear



Garlic



Fusilli



Longlife Cream



Vegetable Stock Powder



Grated Parmesan Cheese



Spinach & Rocket Mix

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

The star of this pasta night is the moreish creamy sauce, with roasted butternut pumpkin stirred through, it'll melt in your mouth upon first bite. Topped off with a sage-infused walnut crumb, your senses will be in for a very special treat.

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
sage	1 bag	1 bag
walnuts	1 packet	2 packets
pear	1	2
garlic	2 cloves	4 cloves
balsamic vinegar*	½ tbs	1 tbs
fusilli	1 packet	2 packets
longlife cream	½ bottle (125ml)	1 bottle (250ml)
vegetable stock powder	1 sachet (10g)	2 sachets (20g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
spinach & rocket mix	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3857kJ (922Cal)	740kJ (177Cal)
Protein (g)	25.5g	4.9g
Fat, total (g)	42.2g	8.1g
- saturated (g)	19.6g	3.8g
Carbohydrate (g)	103.8g	19.9g
- sugars (g)	26g	5g
Sodium (mg)	759mg	146mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Bring a large saucepan of salted water to the boil. Cut the **red onion** into wedges. Place the **peeled & chopped pumpkin** and **onion** on a lined oven tray. Drizzle with **olive oil**, then season with **salt** and **pepper**. Spread out evenly and roast until tender, **20-25 minutes**.



Get prepped

While the veggies are roasting, pick and roughly chop the **sage** leaves. Roughly chop the **walnuts**. Thinly slice the **pear**. Finely chop the **garlic**. In a medium bowl, combine the **balsamic vinegar** and a drizzle of **olive oil**. Season and set aside.



Cook the fusilli

Cook the **fusilli** in the boiling water until 'al dente', **11 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain the **fusilli** and return to the pan with a drizzle of **olive oil** to prevent sticking. Cover to keep warm.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Cook the sage-walnut crumb

While the pasta is cooking, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **sage** and **walnuts**, stirring, until golden, **3-4 minutes**. Transfer to a small bowl.



Make the sauce

Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **garlic** until fragrant, **1 minute**. Add the **longlife cream** (see ingredients), reserved **pasta water**, the **vegetable stock powder** and 1/2 the **grated Parmesan cheese**. Stir to combine and simmer until slightly thickened, **2-3 minutes**. Add the cooked **fusilli** and roasted **veggies** and gently toss to combine. Season to taste.



Serve up

Add the pear and **spinach & rocket mix** to the vinegar dressing, then toss to coat. Divide the creamy pumpkin fusilli between bowls. Sprinkle over the sage-walnut crumb and remaining Parmesan. Serve with the pear and rocket salad.

Enjoy!