



PUMPKIN, SAGE & BROWN BUTTER FARFALLE

with Silverbeet & Walnuts



Make a brown butter sauce



Peeled Pumpkin



Red Onion



Sage



Silverbeet



Farfalle



Parmesan Cheese



Walnuts



Chili Flakes (Optional)

Pantry Staples: Olive Oil, Butter, Salt

Hands-on: **20** mins
Ready in: **30** mins

Spicy (optional chilli flakes)

This pasta is a symphony of subtle flavours and textures that you're going to love. Sweet, caramelised pumpkin creates a rich creaminess all by itself, while browned butter acts as a nutty base for toasted walnuts. Fragrant sage rounds out the gentle hum of flavours.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **large saucepan** with a **lid**, **chef's knife**, **chopping board**, **fine grater**, **colander**, **large frying pan** and a **spatula**.



1 GET PREPPED

Bring a large saucepan of salted water to the boil. Finely slice the **red onion**. Chop the **peeled pumpkin** into 1 cm cubes. Finely slice the **silverbeet**. Roughly chop the **sage** leaves. Finely grate the **Parmesan Cheese**.



2 COOK THE PASTA

Add the **farfalle** (use suggested amount) to the boiling water and cook for **10 minutes**, or until 'al dente'. **TIP:** 'Al dente' means that the pasta is cooked through but still has a tiny bite of firmness. **Note:** Be sure to add the correct amount of pasta so your dish is balanced, just the way we planned it! Drain and return to the saucepan.



3 COOK THE RED ONION

While the pasta is cooking, heat a large frying pan over a medium-high heat. Add the **walnuts** and cook, stirring, for **3-4 minutes**, or until toasted. Remove from the pan and set aside. Return the pan to the heat and add a **drizzle of olive oil**. Add the **red onion** and cook, stirring, for **3 minutes**, or until softened. Remove the onion from the pan and set aside.



4 COOK THE PUMPKIN

Return the pan to a medium-high heat and add another **drizzle of olive oil**. Once hot, add the **pumpkin** and cook, without stirring, for **4 minutes**, or until it begins to caramelize on the bottom. Shake the pan around to redistribute the pumpkin and continue cooking for a further **4 minutes**.



5 MIX IT ALL TOGETHER

Add the **red onion**, **silverbeet**, **butter**, **sage** and **walnuts** to the pan with the **pumpkin**. Continue cooking until the **butter** begins to brown and the **silverbeet** wilts. Remove from the heat and stir through the **farfalle**. Sprinkle over the **Parmesan cheese** and add the **salt** (use suggested amount) and **chilli flakes** (if using). **TIP:** Some like it hot but if you don't just hold back on the chilli flakes. Toss to coat and season with a **pinch of pepper**.



6 SERVE UP

Divide the pumpkin, sage and brown butter farfalle between bowls.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
peeled pumpkin	1 packet	1 packet
silverbeet	1 bunch	1 bunch
sage	1 bunch	1 bunch
Parmesan cheese	½ block (25 g)	1 block (50 g)
farfalle (use suggested amount)	¾ packet (200 g)	¾ packet (400 g)
walnuts	1 packet (¼ cup)	2 packets (½ cup)
butter*	60 g	120 g
salt*	¼ tsp	½ tsp
chilli flakes (optional)	1 pinch	2 pinches

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3930kJ (939Cal)	746kJ (178Cal)
Protein (g)	25.5g	4.8g
Fat, total (g)	49.0g	9.3g
saturated (g)	21.8g	4.1g
Carbohydrate (g)	96.1g	18.2g
sugars (g)	18.6g	3.5g
Sodium (mg)	406mg	77mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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