



# Butternut Pumpkin & Thyme Fettuccine

with Goat Fetta & Slivered Almonds



Master a speedy method  
for cooking pumpkin



Fettuccine



Peeled Pumpkin



Garlic



Thyme



Lemon



Slivered Almonds



Marinated Goat Fetta



Baby Spinach Leaves



Hands-on: 20 mins  
Ready in: 25 mins

This pasta proves that fettuccine needn't be drenched in heavy sauce to be absolutely delicious. Just a little reserved pasta water is enough to bring together this sumptuous line up of pumpkin, thyme, creamy goat feta and crunchy almonds.

Pantry Staples: Olive Oil



## BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, large saucepan, garlic crusher, zester, large frying pan, wooden spoon, colander** and **tongs**.



### 1 GET PREPPED

Put a large saucepan of lightly salted water on to boil. Chop the **peeled pumpkin** into 1 cm chunks. **TIP:** *Chop the pumpkin small to ensure it cooks in the allocated time.* Peel and crush the **garlic**. Pick the **thyme** leaves. **TIP:** *Hold the thyme stalk in one hand and run your fingers down it to easily remove the leaves.* Zest the **lemon** until you have a **pinch** of zest. Juice the lemon.



### 2 TOAST THE ALMONDS

Place a large frying pan over a medium-high heat and add the **slivered almonds**. Toast, stirring, for **3-4 minutes**, or until golden. **TIP:** *Stirring the almonds occasionally prevents them sticking to the pan.* Remove from the pan and set aside.



### 3 COOK THE PASTA

While the almonds are toasting, add the **fettuccine** (use suggested amount to ensure the finished dish is balanced in flavour) to the saucepan of boiling water and cook for **10-12 minutes**, or until 'al dente'. Reserve **1/2 a cup of pasta water**, drain the pasta, return to the pan and **drizzle** with **olive oil** to prevent sticking.



### 4 COOK THE PUMPKIN

While the pasta is cooking, return the frying pan to a medium-high heat. Add a **good drizzle of olive oil** and the peeled **pumpkin**. Cook for **4 minutes**, without stirring, until the bottom is lightly caramelised. Then cook, stirring, for a further **4 minutes**, or until soft. Season with a **pinch of salt** and **pepper**. Add the **thyme** leaves, **garlic** and **lemon** zest and cook for **1 minute**, or until fragrant.



### 5 TOSS IT ALL TOGETHER

Add the **fettuccine** to the pan with the pumpkin along with a **drizzle** of the **oil** from the marinated goat feta tub, **1/2 the marinated goat feta**, the **baby spinach leaves** and **lemon juice** (**1 tbs for 2 people / 2 tbs for 4 people**). **TIP:** *Add as much or as little lemon juice as you like, depending on your taste preference.* Season with a **pinch of salt** and **pepper** and toss to coat. Add the **reserved pasta water** (**1 tbs for 2 people / 2 tbs for 4 people**) to loosen. **TIP:** *Add a dash more cooking water to loosen the pasta if you like.*



### 6 SERVE UP

Divide the butternut pumpkin & thyme fettuccine between bowls and sprinkle with the remaining goat feta. Top with the slivered almonds.

*Enjoy!*

## 2/4 PEOPLE — INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
peeled pumpkin	1 packet	1 packet
garlic	1 clove	2 cloves
thyme	1 bunch	1 bunch
lemon	1	2
slivered almonds	1 packet (2 tbs)	2 packets (1/2 cup)
fettuccine	3/4 packet (200 g)	3/4 packet (400 g)
marinated goat feta	1 tub (100 g)	2 tubs (200 g)
baby spinach leaves	1 bag	1 bag

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2730kJ (652Cal)	839kJ (201Cal)
Protein (g)	24.0g	7.4g
Fat, total (g)	23.3g	7.2g
- saturated (g)	8.6g	2.6g
Carbohydrate (g)	81.9g	25.2g
- sugars (g)	10.0g	3.1g
Sodium (g)	526mg	162mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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