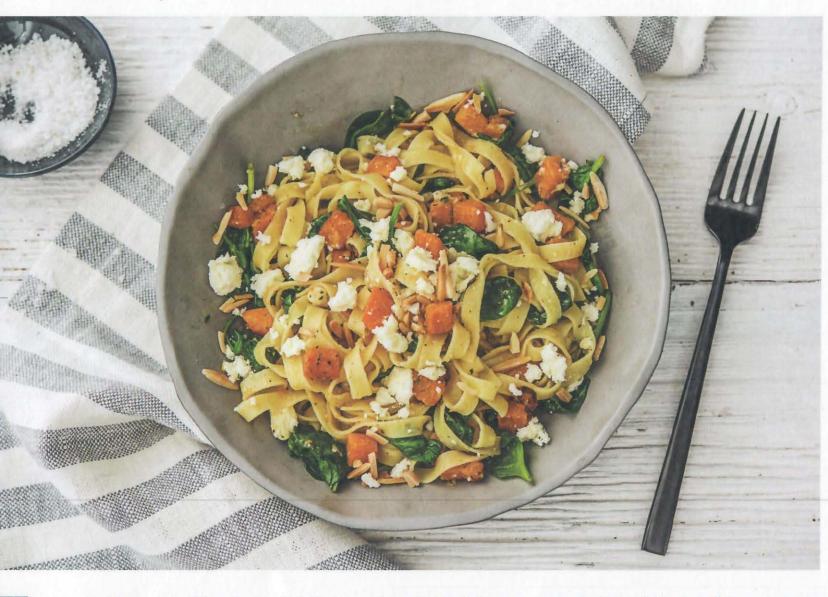


Butternut Pumpkin & Thyme Fettuccine

with Goat Fetta & Slivered Almonds













Marinated Goat Fetta

Baby Spinach Leaves

Pantry Staples: Olive Oil

Hands-on: 20 mins Ready in: 25 mins

This pasta proves that fettucine 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 fetta and crunchy almonds.

BEFORE YOU -STAR

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.



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.



TOAST THE ALMONDS Place a large frying pan over a mediumhigh 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.



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, retun to the pan and drizzle with olive oil to prevent sticking.



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.



TOSS IT ALL TOGETHER Add the **fettuccine** to the pan with the pumpkin along with a drizzle of the oil from the marinated goat fetta tub, 1/2 the marinated goat fetta, 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.



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

Enjoy!

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 (½ cup)
fettuccine	% packet (200 g)	% packet (400 g)
marinated goat fetta	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

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