

# Creamy Pumpkin Pasta Sauce

**Season:** Winter

**Type:** Main

**Serves:** 36 tastings

**From the garden:** Pumpkin & rosemary

**Class focus:** Chopping herb & mashing pumpkin



## Equipment:

Small mixing bowl x 1  
Wooden spoon x 1  
Red baking dish x 1  
Serving plate x 1  
Fork x 1  
Chopping boards and knives  
Measuring cups  
Measuring spoons

## Ingredients:

2 pieces of pumpkin (skin-off, cubed - 2cm)  
2 tablespoons water  
3 sprigs rosemary (leaves only, finely chopped)  
½ bottle (150ml) thickened cream  
½ cup parmesan cheese  
1 teaspoon salt  
10 grinds of pepper

## What to do:

1. Wash the vegetable and herb.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put the pumpkin and water in a red baking dish then cover with a serving plate.
4. Cook in the microwave on the highest setting for 5 minutes, stir and cook for another 2 minutes or until pumpkin are cooked.
5. Let it cool slightly and mash it.
6. Combine all the ingredients in a small mixing bowl.
7. Pass the pasta sauce to **Blue Group**.