

Creamy Pumpkin Pasta Sauce

Season: Autumn

Type: Main

Serves: 32 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:

1 piece of pumpkin (skin-off, cubed - 2cm)
2 tablespoons water

3 sprigs rosemary (leaves only, finely chopped)
½ cup milk
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**.

For vegan or dairy intolerance option:

Add the milk and cheese at the end so you can take a portion out without dairy for the vegan or dairy intolerance students.