

Pumpkin and Pasta Bake

- 1/4 cup (60ml) olive oil
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- About 800g pumpkin, peeled, cut into 2cm cubes (to give 3 cups)
- 1/4 teaspoon dried chilli flakes
- 3 cups (750ml)
- 300g macaroni
- 300ml pure (thin) cream
- 1 tablespoon chopped rosemary
- 2 cups (140g) fresh breadcrumbs
- 2 teaspoons grated lemon zest
- 1 cup flat-leaf parsley leaves
- 1 1/4 cups (150g) grated cheddar

1. Step 2 .

Heat 1 tablespoon oil in a frypan over medium heat. Add the onion, garlic cook, stirring, for 2-3 minutes until the onion softens slightly. Add the pumpkin and dried chilli flakes, stir to combine, then add half the chicken stock and cook for 5-6 minutes until the pumpkin begins to soften.

2. Step 3

Stir in pasta, cream, rosemary and remaining chicken stock. Season to taste with sea salt and freshly ground black pepper, bring to a simmer, then reduce the heat to low and cook for about 8-10 minutes until the pasta and pumpkin are tender.

3. Step 4

Meanwhile, place the breadcrumbs, lemon zest, flat-leaf parsley and one third of the cheese in a food processor and process until you have fine crumbs. Add the remaining 2 tablespoons olive oil and pulse to combine.

4. Step 5

Stir the remaining cheese into the pasta mixture, then transfer to a baking dish. Scatter with the crumbs, then bake for 15 minutes or until golden.