

# Harvest @Home



# Roasted Pumpkin Penne

#myUBCharvest

cook along with the video: [utown.ubc.ca/harvest](http://utown.ubc.ca/harvest)

## Instructions

Recipe serves 6-8 people

### PASTA INGREDIENTS

1 whole pumpkin  
2 bunches swiss chard (*washed & stemmed*)  
2 tbsp coconut ribbons or flakes  
16 oz dry penne pasta (*whole wheat*)  
1 tbsp cinnamon

### PUMPKIN SAUCE INGREDIENTS

2 tbsp olive oil  
4 cloves garlic (*peeled & minced*)  
1 medium white onion (*peeled & diced*)  
2 cups pumpkin (*roasted & puree*)  
1 tsp sea salt  
1 15oz can tomato sauce  
2 tsp liquid honey  
1 cup water  
2 cup coconut cream  
½ tsp cinnamon  
2 tbsp fresh rosemary (*chopped*)  
1 tbsp fresh sage (*chopped*)  
1 tbsp fresh sage (*fried - optional for garnish*)  
1 tsp cracked black pepper

### PREP

- » pre-heat oven to 350°F
- » cut pumpkin in half, scoop out the inside and set the pumpkin seeds aside
- » separate the pumpkin flesh from the outer skin and cut into medium cubes
- » toss the pumpkin cubes in olive oil and roast until tender, remove from oven and split into one third and two thirds
- » put the two thirds of the pumpkin into a food processor and puree (*use for pumpkin sauce recipe below*)
- » rinse the pumpkin seeds in water to help clean up, then pat dry with paper towel, toss with cinnamon and spread out on a baking sheet, toast in oven watching closely to ensure you don't burn them, set aside
- » toast coconut ribbons
- » wash and chop 2 cups of swiss chard, set aside
- » cook pasta, drain and make sauce

### SAUCE

- » heat olive oil in large saucepan or Dutch oven over medium heat, add onion and pinch of sea salt and sauté until onions are soft and tender (*about 5-8 minutes*) stirring frequently
- » add garlic and saute for additional 3 minutes, add the pumpkin puree, tomato sauce, honey, and water stirring to combine, turn the heat to low and simmer for 10 minutes
- » add the coconut milk, cinnamon, rosemary, sage and stir to combine, simmer for 5 minutes, add sea salt and cracked black pepper to taste
- » add the cooked pasta, roasted pumpkin, swiss chard, and stir to combine

### ASSEMBLY

- » serve warm in pumpkin (or bowl) and garnish with fried sage, toasted coconut ribbons and toasted pumpkin seeds