

ONE BITE

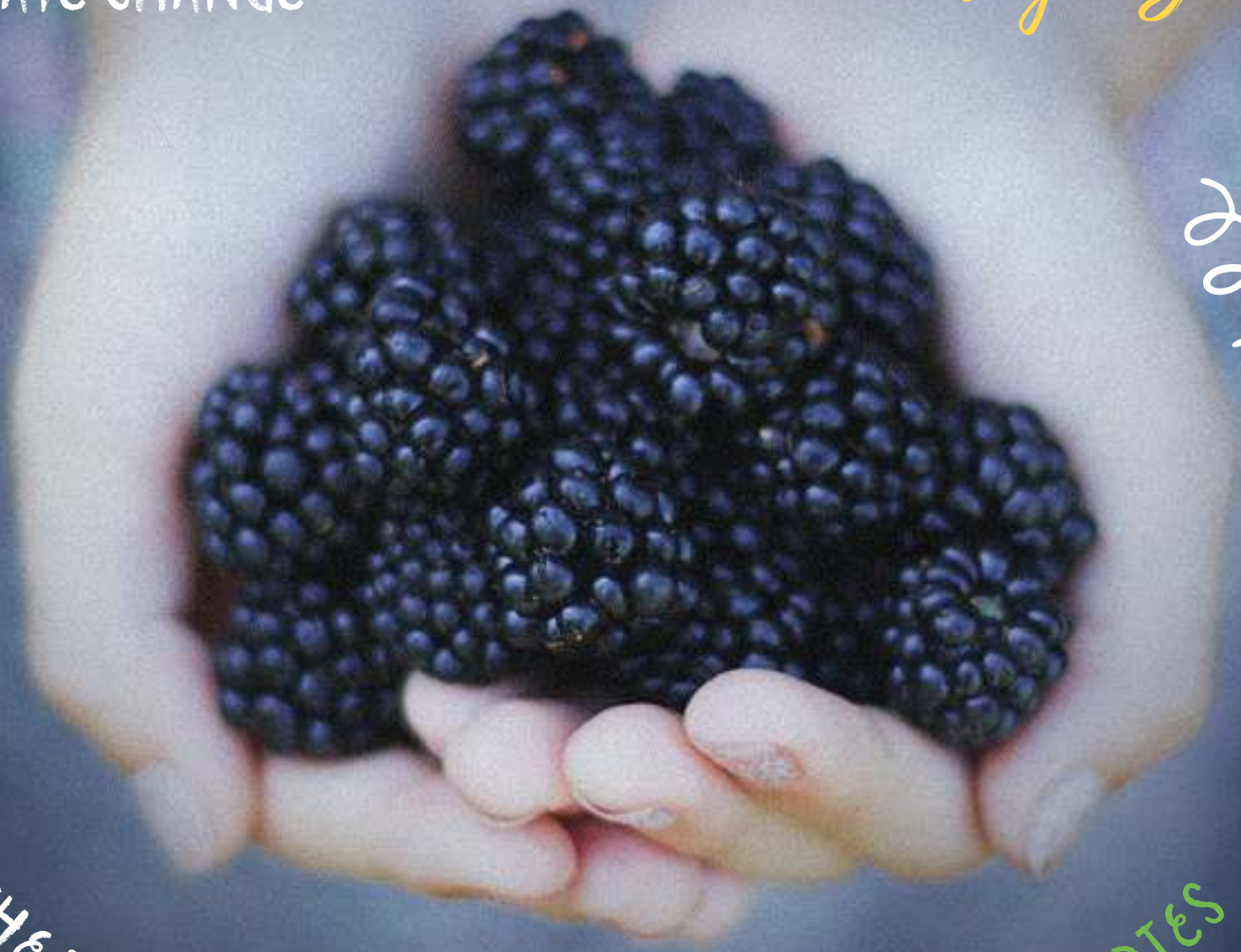
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Vegan Magazine

summit 2019 issue

EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES

>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

HEALTHY PUMPKIN PASTA WITH SPINACH AND MUSHROOMS

By Elena Szeliga

This pumpkin pasta is so easy it can become your go-to fall dinner as well! It takes 30 minutes to make from start to finish (and 15 minutes if you use ready-made pumpkin puree!). Not to mention how healthy this dish is.

PREP TIME:

5 minutes

COOK TIME:

25 minutes

TOTAL TIME:

30 minutes

SERVINGS:

4 servings

CALORIES:

518kcal

INGREDIENTS

- ½ small to medium-sized Hokkaido pumpkin
- 2 teaspoons olive oil divided
- salt and freshly ground black pepper to taste
- 1 head garlic
- 350 grams or 12 oz whole wheat pasta (I used fettuccine)
- 200 grams or 7 oz mushrooms sliced (I used crimini)
- 140 grams or 5 oz raw spinach
- 235 ml or 1 cup vegetable broth (see notes below)
- 1 teaspoon dried basil
- ½ teaspoon dried sage
- ¼ teaspoon nutmeg
- 4 tablespoons chopped walnuts to serve
- 4 teaspoons pumpkin oil to serve (optional)

INSTRUCTIONS

1. Preheat the oven to 180 °C or 350 °F. Chop the pumpkin into small chunks. Lay a baking tray with parchment paper and drizzle it with olive oil or cooking spray. Place the pumpkin and sprinkle with salt and pepper. Cut a top off a garlic head and place it on the tray. Bake in preheated oven for around 20 minutes or until they are soft when pierced with a fork.
2. Meanwhile, cook the pasta according to the instructions on the package. Heat a lug of olive oil in a large skillet and sauté chopped mushrooms for about 3 minutes over medium heat. Add the spinach and continue cooking until it is softened, for about 4-5 minutes. Set aside.
3. When the pumpkin is roasted, transfer it to a blender together with peeled roasted garlic and pulse until smooth, adding vegetable broth. Add spices and herbs, as well as salt and pepper to taste.
4. Combine the pasta with mushrooms, spinach and pumpkin puree. Serve sprinkled with chopped walnuts and drizzled with pumpkin oil (optional but recommended). Enjoy!

Elena Szeliga



Elena Szeliga is the recipe developer behind HappyKitchen.Rocks. She created the blog back in 2015 to combine her love of cooking and photography and share her recipes with her fans. HappyKitchen.Rocks is devoted to producing delicious and healthy vegetarian and vegan recipes that anyone can make.

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