



Cheesy Mac with Green Salad

Sophie Damen



Serves 4-6



Prep: 30 minutes

Cook: 45 minutes

INGREDIENTS

Pumpkin and Parmesan Pasta:

- 1 diced onion
- 2 cloves garlic, crushed or diced
- 300grams pumpkin, peeled, deseeded and diced
- 1 sweet potato, peeled, deseeded and diced
- 1 can cannellini beans, drained
- 1 cup milk
- 1 tsp chicken stock powder
- Nutmeg, salt and pepper to taste
- Grated Parmesan cheese
- 1 packet of macaroni

Salad:

- Mixed salad vegetables – leaves, cucumber, tomato, grated carrot, etc
- 50g plain Greek yoghurt
- 1 tbs balsamic vinegar
- 2 tbs olive oil
- 2 tbs honey
- Dijon mustard, salt and pepper to taste

DIRECTIONS

To make Roast Pumpkin & Parmesan Cheese Sauce

- 1 Pre heat oven to 220°
- 1 Line a large tray with baking paper and add pumpkin, sweet potato and onion. Add enough oil to lightly coat the pumpkin mix. Roast for 25 minutes or until the pumpkin mix is soft.
- 2 Add the drained cannellini beans and garlic to the baking tray and cook for a further 10 minutes.
- 3 Place a large pot onto a low heat and add the pumpkin mix, nutmeg and milk, blitz with a stick blender to a smooth consistency- add the chicken stock as you go. Once smooth add cheese.
- 4 Add water if required and season to taste.

To make pasta

- 1 Cook the to just al dente.
- 2 Drain pasta and add to the sauce mixture just before serving, stirring to combine.

To make Salad

- 1. Prepare all salad vegetables in a large bowl
- 2. Combine all the dressing ingredients in a bowl and whisk well
- 3. When ready to serve, whisk the dressing ingredients really well one last time then pour over the salad mix just before serving.



Afternoons

with Joel Rheinberger

on 936AM and the ABC listen app

