

Pumpkin Pasta

This creamy, dreamy sauce embraces autumn's falling temperatures and the coziness we all seek. It's the perfect family dinner. The soft hint of aromatic green cardamom works so perfectly with this savory and creamy pumpkin sauce.

While amazing with pumpkin, this pasta sauce can easily be made with butternut or acorn squash or even sweet potato purees. Be creative and enjoy!

Serves 2

1 package of Morelli Fettuccini Pasta
2 cloves of garlic
½ medium onion
1 tsp sea salt
2 Tbsp Wild Mushroom & Sage Infused Olive Oil
½ cup pumpkin puree
½ cup whipping cream
2 Tbsp pasta water
1 tsp fresh cracked black pepper
½ tsp ground cardamom
½ cup crumbled feta cheese

Bring a large pot of salted water to a boil. Add in the fettuccini and cook to package directions. While the pasta is cooking prepare the sauce.

For the sauce; in a large non-stick pan, add the olive oil. Using a fine grater or microplane, grate the garlic and onion into the pan. Place over medium heat and sauté the garlic and onion with the sea salt, black pepper and cardamom for 1 minutes, until softened but not browned.

Add pumpkin puree, whipping cream and ¼ cup pasta water, and stir to combine. Add more pasta water if sauce is still quite thick.

Strain the cooked pasta and add the noodles to the pan, toss in pumpkin sauce to coat, cooking 2 to 3 minutes to ensure the noodles absorb the sauce. Transfer to serving plates and sprinkle with feta cheese and a healthy drizzle of extra Wild Mushroom & Sage infused olive oil to serve.

Serve immediately. Any leftovers can be stored in the fridge in an airtight container for up to 3 days.