



VEGGIE PASTA WITH CREAMY PUMPKIN COCONUT SAUCE AND GUNGO PEAS

4 Servings • Serving Size: 1/2 cup Prep Time: 20 mins Cook Time: 15mins
Nutrient Profile per serving: Calories: 344 Carbohydrates: 47g Protein: 11g

INGREDIENTS

- | | |
|--|--|
| 2 cups cooked and mashed pumpkin | ½ cup onion, minced |
| 2 cups cooked Marco Polo Veggie Pasta | 4 cloves garlic, minced |
| 1½ cup cooked Gungo (Pigeon) peas | Fresh herbs of your choice such as escallion, thyme, parsley |
| 1 cup coconut milk | Pinch nutmeg |
| 1 cup water or no sodium vegetable broth | 1 tsp salt |
| 1 tsp. Olive Oil | Pepper to taste |

DIRECTIONS

1. Sauté the minced onion and garlic in the olive oil over medium heat.
2. Add the coconut milk and season with the scotch bonnet pepper, herbs, nutmeg, salt and pepper.
3. Cook the sauce for about 4 to 5 minutes on medium low heat then add the mashed pumpkin and cook for another 4 to 5 minutes. If the sauce is too thick, you may add vegetable broth or water to make it thinner.
4. Toss the pasta with the Pumpkin Coconut Sauce and your cooked Gungo peas. Garnish with fresh herbs and serve warm with a fresh garden salad.



876-334-4998



heartfoundationja



heartjamaica



Credits: *Delicious Occasions Cooking Classes • Khalia Hall • Photo: David Ebanks*