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

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