

Pasta e Fagioli with Pumpkin

70–75 Min

Preparation

1. Preheat the oven to 200 °C. Line a baking tray with baking paper. Wash the pumpkin and cut it into cubes, then toss with 1 tablespoon of olive oil, ¼ teaspoon of black pepper and a pinch of salt. Roast in the oven for 15 minutes, then stir and add the garlic. Roast for another 10–15 minutes until the pumpkin and garlic are tender.
2. Finely chop the shallot and celery. Heat the remaining oil in a saucepan over medium-high heat. Add the sage leaves and fry until crispy. Transfer them to a paper towel, then add the shallot, celery and a pinch of salt to the saucepan. Sauté for 10–15 minutes until the vegetables are softened.
3. Add the tomato paste and cook for another 5 minutes, then add half of the beans and 2 tablespoons of liquid from the can. After 5 minutes, add half of the roasted pumpkin and the garlic.
4. Cook for another 10 minutes, then gently mash the mixture using a fork or potato masher. Add the remaining beans, bay leaves, nutmeg, black pepper and water, and cook for 5 minutes. Add the pasta and cook until al dente. Finally, stir in the remaining roasted pumpkin and half of the crispy sage leaves. Serve topped with the remaining sage, freshly ground black pepper and plenty of Parmesan.

Ingredients 4 Portions

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3 tbsp	Olive oil
1	Hokkaido pumpkin (about 800 g)
0.5 tsp	Pepper Black, Ground
2	Garlic cloves
1	Shallot
2	Celery stalks
1 tbsp	Tomato paste
1 can	White beans (400 g)
800 ml	Water
2	Bay Leaves, Whole
0.5 tsp	Nutmeg, Ground
150 g	Pasta
5	Sage leaves
	Parmesan, for serving