



## Pumpkin & Spinach Pasta Bake

### Ingredients

- 500 g Pumpkin, diced
- 375 g Penne pasta
- 16 g Olive Oil
- 150 g Onions, sliced
- 30 g Light sour cream
- 190 g Water
- 120 g Baby spinach leaves
- 57 g Light grated cheese
- 1 pkt MAGGI 3 ways – Rich & Saucy Base

### Instruction

1. Preheat oven to 200°C/180°C fan forced. Place pumpkin on a greased and lined a baking tray with baking paper. Spray with oil and bake for 20 minutes.
2. Meanwhile cook pasta according to packet instructions, keep warm.
3. Heat a large frying pan, add oil and onion. Cook for 5 minutes or until softened. Add combined sour cream, MAGGI 3 ways – Rich & Saucy Base and water to pan, bring to the boil. Add spinach and roasted pumpkin. Stir until combined.
4. Add pasta to pan and stir until well coated. Spoon mixture into an ovenproof dish and sprinkle with cheese. Bake for 15 minutes or until golden. Serve.

### Nutrition

Carbohydrates	96.71 g
Energy	592.66 kcal
Fats	14.75 g
Protein	18.92 g

🕒 50 Minutes

⊕ 4 Portions