

PUMPKIN PASTA WITH LEMON-THYME CRUMBS

2 persons / 520 kcal per portion

Ingredients:

- 400 grams pumpkin pieces
- 1 onion
- 2 cloves of garlic
- 160 grams fusilli pasta
- 35 grams young leaf lettuce with arugula or arugula
- 30 grams Parmesan cheese flakes
- 3 sprigs thyme
- 2 slices casino white
- 1½ tablespoons olive oil
- 1 lemon
- pepper and salt



Preparation:

Preheat the oven to 170 ° C. Boil the pumpkin in boiling water for about 15 minutes, or until you can pierce it with a fork. Drain and make puree with a pestle or food processor and season with salt and pepper. Grate the zest of ¼ lemon. Crumble the bread with the lemon zest, 1 tablespoon of olive oil and the leaves of 2 sprigs of thyme in a food processor. Spread the crumbs on a baking sheet lined with baking paper and bake crispy in the oven in about 10 minutes. Keep an eye on the crumbs because this can happen quickly. If they are nicely golden brown, they are ready. Meanwhile, cook the pasta according to the instructions on the package until al dente, drain and collect the 50 ml of the cooking liquid. Chop the onion and finely chop the garlic. Heat a frying pan with ½ tablespoon of oil and fry the garlic and onion. Add the pumpkin puree, 50 ml pasta cooking liquid, thyme leaves of 1 sprig and heat the whole. Season with salt and pepper if necessary. Finally add the pasta and half of the Parmesan cheese and heat well again. Divide the pasta and lettuce over the plates. Sprinkle the lemon thyme crumb, and the other half of the Parmesan cheese over it.

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