

Pesto pasta with spinach leaves, pumpkin & fetta

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This homemade pesto pasta is packed full of flavour.

Ingredients (serves 2)

- Half jap pumpkin
- Handful of spinach leaves
- 100g of low-fat feta
- 100g of fettucini pasta
- tsp olive oil

Pesto

- 1 cup basil leaves
- 1/2 cup of pinenuts
- 1 tsp parmesan cheese
- tsp olive oil

Method

Cook fettucini in heated salted water. Dice pumpkin and feta, and clean spinach thoroughly.

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Heat saucepan, add olive oil and sauté off pumpkin. Once pumpkin is tender, add spinach and cook for a further three minutes or until spinach is at your desired preference. Drain fettucini and add to saucepan.

To make the pesto: add the basil leaves, parmesan, pinenuts and olive oil to a blender and pulse for about 20 seconds.

Add pesto mixture to saucepan and stir thoroughly. Place in pasta bowl and crumble feta on top to serve.

Pasta Tips: When cooking [pasta](#) always add a pinch of salt to stop pasta sticking together. When cooked, never rinse, simply drain off excess water in a calendar. To give pasta a shiny glow stir through a tablespoon of olive oil after draining.

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