



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Vegan Pumpkin Rigatoni **MAKES** 6 servings

CATEGORY Main or Side Dish **PREP TIME** 5 min **COOK TIME** 30 min

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

Pasta Sauce :

2 tbs coconut oil
4 cloves minced fresh garlic
1 cup pumpkin puree
1 cup vegetable broth
1 cup full fat coconut milk
1 cup shredded fresh spinach
1 tsp fresh squeezed lemon juice
1-2 tsp sea salt

1 lb rigatoni

Walnut Crispies :

1 cup raw walnuts, finely chopped
1 tbs fresh rosemary, finely chopped
2 tbs brown sugar
1/2 tsp sea salt
to taste black pepper
1 tbs melted coconut oil

DIRECTIONS

1. Preheat oven to 350F and line a baking tray with parchment.
2. Cook pasta as directed on the packaging, when finished drain, rinse and set aside.
3. While your pasta is cooking, stir together walnuts, rosemary, brown sugar, salt, pepper in a small bowl. Add melted coconut oil, stirring until well combined.
4. Spread walnut mixture over the parchment lined baking tray and bake for 8-10 min. or until lightly browned, then set aside to let cool.
5. While your crispies are baking, begin your sauce. Gently simmer garlic in the coconut oil on a medium heat, being careful not to brown your garlic. Once garlic becomes fragrant add broth and puree, whisk until smooth. Bring the mixture up to a simmer before adding coconut milk, stirring frequently until sauce is brought back to a simmer, let simmer for 5 minutes before removing from heat.
6. Stir in spinach, lemon juice, and salt to sauce, toss with cooked pasta and sprinkle crispies over top before serving immediately.

MY NOTES
