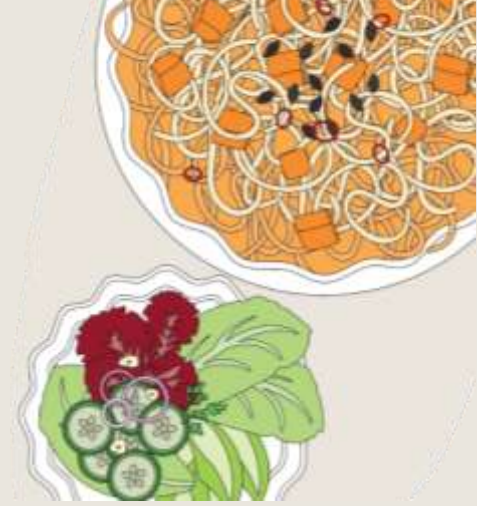


Spaghetti with Pumpkin Sauce & Salad

Serves 4

Approximate preparation time: 15-20 minutes



Quantity	Ingredients	Preparation
Spaghetti		
1 tbsp	butter	Cook spaghetti in salted water. Drain and mix with butter.
1 tsp	salt	
3 l	water	
400 g	spaghetti	
Pumpkin cubes		
1 tsp	salt	Cut the pumpkin into cubes, sauté in rapeseed oil, deglaze with vegetable stock dissolved in water and simmer until soft. Season with salt and spices. Roast the pumpkin seeds and use as a garnish.
3 tbsp	rapeseed oil	
480 g	muscade pumpkin	
70 g	pumpkin seeds	
1 tbsp	water	
1 tsp	vegetable stock	
Mixed leaf salad		
20 g	parsley	Prepare, wash and dry the chicory, lollo rosso and endive salad. Finely chop the parsley, onions and garlic and mix with yoghurt, vinegar and water. Season the dressing to taste (use salt sparingly) and add to the salad.
2 tbsp	water	
1	onion	
1/2	clove of garlic	
1 tsp	vegetable stock	
160 g	chicory	
80 g	iceberg lettuce	
160 g	lollo rosso	
2 tbsp	herb vinegar	
60 g	endive	
40 g	yogurt 3.5% fat	

Fun Fact:

Depending on the season, the pumpkin can be replaced by asparagus or aubergine.