

Creamy pumpkin tortellini with spinach



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Preparation: about 20 minutes
Cooking: about 35 minutes
Serves: 4

30g butter or margarine
500g butternut pumpkin, peeled, deseeded
and cut into 3-4 cm pieces
1½ cups chicken stock
Pinch ground nutmeg
1 cup light thickened cream
Salt and ground black pepper
625g packet fresh ham & cheese tortellini*
50g baby spinach leaves
Grated parmesan cheese, to serve

* Fresh tortellini is available in the refrigerated pasta section in supermarkets

1. Melt butter in a medium saucepan over medium heat. Add pumpkin, stock and nutmeg. Cover and bring to the boil over medium heat. Reduce heat and simmer, uncovered, for 15 minutes or until pumpkin is very tender. Using a hand blender, blend until smooth. Stir in cream and season with salt and pepper.
2. Meanwhile, cook tortellini following packet directions until tender. Drain and return to pan. Add pumpkin mixture and spinach. Gently toss over medium-low heat until hot and well combined. Serve with grated parmesan cheese.



Butternut pumpkin

- Like other orange-fleshed vegetables, butternut pumpkin is a good source of beta carotene, which the body converts to vitamin A.
- Also provides many related carotenoids which help keep body tissues healthy.
- Provides potassium, which the body puts to good use in combating the harmful effects that excess sodium (from salt) has on blood pressure.
- A source of niacin (vitamin B3) which is essential in the reactions that convert proteins and carbohydrates to provide energy.



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