

# chef PAUL COLLINS

## Pennoni Regati Pasta with Roasted Pumpkin, Shallots & Pumpkin Seeds

Serves 4

You'll need:

1 small pumpkin or butternut squash

20 small round shallots

1 chilli

1 sprig of rosemary

300g pennoni regati or penne pasta

Olive oil

Butter

Rocket

Parmesan cheese

6 tablespoons water

50g pumpkin seeds



What to do:

Peel and cut the pumpkin into 1 inch cubes or similar sized pieces. Season the pumpkin with salt and pepper. Drizzle over a little olive oil then sauté for 5 minutes in a non-stick hot pan until coloured on the outside.

Peel the shallots and add to the pumpkin in the non-stick pan. When they are both cooked remove from the pan and set aside on a plate lined with kitchen paper.

Cook the pasta in a large pan of boiling salted water. When cooked drain.

Toast the pumpkin seeds in the oven at 180c for 5 minutes.

Add a quarter of the cooked pumpkin with the chilli to the same pan as the shallots were in and cook a little bit more until it almost starts to break down. Add a knob of butter as this will form a sauce of some sorts. Add the chopped rosemary, mix and then add the cooked pumpkin and the shallots. Then mix in the hot cooked pasta. Check the seasoning and serve in hot bowls. Grate or shave over the parmesan. Finish with fresh rocket leaves and a little olive oil.