

**List of ingredients (for 4 people)**

400g dried pasta  
1 Tbsp oil  
1 onion, peeled and chopped finely  
2 cloves garlic, peeled and crushed  
½ tsp thyme  
½ pumpkin, peeled and chopped into small pieces  
1 tin chopped tomatoes  
Salt and pepper  
Grated cheese and chopped parsley

**How to cook the dish**

Cook pasta according to directions on packet.  
Heat oil in a large pot and add onion, garlic and thyme and fry on low heat until softened but not brown.  
Add pumpkin, tomatoes and salt and pepper.  
Cook until pumpkin is soft but still holds shape.  
Place drained pasta in serving dish.  
Top with pumpkin and add grated cheese and chopped parsley.

**Tip:**

- Add a tin of chick peas or lentils to the pumpkin to make it more filling.
- Replace dried herbs with fresh herbs in summer e.g. basil, parsley, tarragon
- Chopped bacon, spicy sausages or chicken can also be added as desired.
- Add any other vegetable like spinach, mushrooms, peppers, courgettes, or grated carrot – it's a great fridge clear out recipe.