

Pumpkin Penne Pasta Bake (gluten, dairy & egg free)

A great dish for students with dietary needs - gluten, dairy and egg free.



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Total time: 60 min

Preparation: 15 min

Cooking: 45 min

Created by: QAST

Serves: 10

Category: Hot Meals

Level: Easy

Ingredients

- 450 g Pumpkin, Kent
- 1 unit Onion, small
- 425 g Coconut milk, light
- 1 tsp Garlic
- 500 g Pasta, gluten free

Recipe

1. Pre-heat oven to 200 degrees.
2. Roughly chop the pumpkin and onion (leave skin on onion - remove once cooked).
3. Roast pumpkin and onion until cooked.
4. Blend pumpkin, onion, garlic until smooth. Add coconut milk and mix.
5. Cook pasta to packet instructions. Drain.
6. Add pumpkin mixture to cooked pasta and mix.
7. Makes 10 serves - place in serving packaging of your choice and freeze.

Full description

A tasty dish for students with dietary needs - gluten free, dairy free and egg free.

Recipe courtesy of Bernie from Tallebudgera State School.

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