

Pasta with Pumpkin Sauce

Workstation:

Equipment

Measuring cups
Measuring spoons
2 Large saucepan
Small saucepan
Blender
Wooden spoon
Colander
Large bowl
Chopping boards
Non slip mats
Knives
Whisk

Ingredients

10 cups uncooked pasta
3 tablespoons olive oil
10 tablespoons plain flour
4 cups soy milk
1 ½ kilos pumpkin
4 teaspoons dijon mustard
1 ½ teaspoons paprika
1 ½ tablespoons onion powder
1 ½ tablespoons garlic powder
2 ½ teaspoons salt

Method

1. **Fill** small saucepan with hot water
2. **Place** saucepan on stove to boil
3. **Remove** skin, deseed and **chop** pumpkin into small pieces
4. **Place** pumpkin in saucepan to boil
5. Once boiled **strain** pumpkin and **blend** in the blender until lump free and a smooth paste
6. **Fill** large saucepan with hot water
7. **Place** on stove to boil
8. Once water is boiling **place** uncooked pasta in saucepan and leave to cook
9. In a large saucepan **add** the oil
10. **Add** flour and whisk until smooth (this will combine to form a paste quickly)
11. Slowly **add** milk continuing to whisk so that mixture does not become lumpy
12. **Turn** heat down and continue to whisk until the mixture thickens
13. **Add** paprika, garlic powder, onion powder, salt and dijon mustard and pumpkin
14. If sauce is too thick add a little more milk
15. **Drain** pasta and **place** in large bowl
16. Carefully **mix** sauce through pasta
17. **Serve** immediately

