

Creamy Artichoke, Pumpkin & Prosciutto Farfalle



R & J Mazza
GLOBE ARTICHOKE

Ingredients

400g Farfalle (bows) pasta,
½ teaspoon salt,

1 medium onion, chopped,
2 cloves garlic, finely chopped,
1 tablespoon oil,
250g portobello mushrooms, sliced,
80g sliced prosciutto, coarsely chopped,
150g artichokes hearts, sliced,
250g butternut pumpkin, sliced & roasted,
1 red capsicum, roasted and sliced,
100g baby spinach,
1 red chilli, seeded and chopped,
1 teaspoon grated lemon rind,
¼ cup dry white wine,
¾ cup cream,
¼ cup Italian dressing,
2 tablespoons basil, chopped,
½ cup parmesan cheese, shaved,
Salt and cracked pepper, to taste,



How to Cook

1. Boil water in a saucepan, add farfalle and salt.
2. Place oil in large frypan over medium heat. When hot, add onion and sauté until soft.
3. Add garlic, mushrooms and prosciutto and sauté until mushrooms are cooked.
4. Add white wine and sauté for one minute. Add cream, italian dressing, chilli and lemon rind. Sauté a further minute.
5. Drain pasta when cooked and mix in sauce. Add artichokes, capsicum, pumpkin, spinach, basil, salt and cracked pepper. Stir well.
6. Top with shaved parmesan and serve.

Serves 6

How to Prepare Pumpkin

Preheat oven to 200°C. Halve and quarter pumpkin. Slice thinly and place in bowl. Add one tablespoon oil and mix until pumpkin is well coated. Place on tray and sprinkle with garlic salt. Bake in oven for 18-20 minutes or until slightly golden. When cooked place aside to cool.

How to Prepare Capsicum

Place capsicum in griller and cook on high. When skin turns brown, turn capsicum and continue to brown. Rotate until capsicum is all cooked. Remove from griller and set aside to cool. Once cooled, peel skin, remove seeds and slice into strips. Be careful not to overcook capsicum, as it needs to be firm.

