

# Oxfordshire Pumpkin Festival Recipes



Vegan Pumpkin Pasta Sauce by Good Food Oxfordshire





# Vegan Pumpkin Pasta Sauce

*By Good Food Oxfordshire*



## Ingredients:

- *1 large onion*
- *1-2 cloves of garlic*
- *1 small pumpkin or squash*
- *Peashoots or other greens*
- *2 tbsp oil*
- *3 tbsp tahini (sesame paste)*
- *Salt and pepper*
- *Nutritional yeast flakes*

## Steps:

1. Chop the pumpkin into cubes of around 1 cm. Note: many pumpkins and squashes – such as butternut squash – don't need to be peeled.
2. Chop the onions finely and either chop or mash the garlic. Heat oil in a pan over medium heat. Add the onions and sweat till they start browning lightly.
3. Add garlic and keep stirring. Add the pumpkin cubes, cover with a lid and stir occasionally.
4. When the pumpkin is softened, mash it coarsely with a potato masher, leaving some chunky bits in it. Add tahini and water as needed to make a creamy texture.
5. Season with salt, pepper and nutritional yeast.
6. Serve with pasta and top with home-grown peashoots.