



Recipe Name: Spaghetti Pasta Recipe In Roasted Pumpkin Sauce

Diet Type: Vegetarian

Course: Dinner

Cuisine: Italian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Kaddu (Parangikai/ Pumpkin)	2
• 1 cup Homemade tomato puree	
• 1/2 cup Fresh cream	
• 1 Onion - chopped	
• 1 tablespoon Extra Virgin Olive Oil	
• 6 cloves Garlic - minced	
• 1/2 cup Parmesan cheese - grated	
• 2 sprig Basil leaves - roughly torn	
• Salt - to taste	
• 1/2 teaspoon Black pepper powder	
• 2 cups Spaghetti Pasta - cooked	
• 1/2 teaspoon Red Chilli flakes	
• 1 teaspoon Italian seasoning	
• Parmesan cheese - for garnish	

Preparation

- To begin making the Spaghetti Pasta Recipe In Roasted Pumpkin Sauce, we will first make the sauce for the pasta.
- Heat olive oil in a saucepan over medium heat.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	15	4	10