

## **Stovetop Pumpkin & Green Vegetable Pasta**

**Recipe by © Alysha Melnyk 2018**

### **Ingredients:**

3 Cups Brussel Sprouts, Thinly Sliced  
3 Cups Tat Soi, Cut into Pieces (\*Or other leafy green of choice)  
3 Cups Broccoli Florets, Bite-Sized  
2 Cups Chicken Stock  
1 16 Ounce Package Pasta of Choice  
3 Tablespoons Unsalted Butter  
1 Cup Whole Milk  
1 Cup Pumpkin Puree (\*Unsweetened)  
1 Cup Grated Parmesan Cheese (\*Plus extra for topping)  
1 Tablespoon Funny Farm Apiaries Bacon Infused Raw Honey  
1/2 Cup Roasted Walnut Pieces  
Black Pepper

### **Instructions:**

1. First, combine your brussel sprout pieces, tat soi, broccoli florets, and chicken stock in your large sauté pan. Place on medium/medium-high heat, cover with lid and cook until softened. Mix occasionally. This should take around 10 minutes.
2. Once vegetables are softened, remove lid and allow remaining chicken stock to cook off. Once this is done, turn off heat and set aside.
3. While greens are cooking, heat your water for your pasta of choice and cook pasta according to your package instructions. Drain pasta and set aside.
4. In your emptied pasta pan, add unsalted butter and melt on low/medium heat. Once butter is melted, add in whole milk, pumpkin puree, grated parmesan and raw honey. Mix until everything is smooth.
5. Next, gently add in pasta and mix. Add in vegetables and gently mix again.
6. Top your pasta with extra cheese, walnut pieces and black pepper.

7. Cover and warm this pasta (stirring occasionally if needed ~ mine heated through fairly quickly so I didn't ever stir) to desired eating temperature.

8. Serve immediately and enjoy! :)