



#### INTEREST GROUPS

Interest groups such as gardening and cooking are really good ways to get to know new friends as well as keep fit. They are beneficial in both keeping your mind and body healthy.

#3 Food for thought: Eat Well Live Well Think Well

# Pumpkin Pasta with Prawns & Almond Flakes

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## Ingredients

- Pasta (raw, spaghetti) ..... 120 g
  - Pumpkin (seeds and peel removed, cubed) ..... 2 cups
  - Low fat cooking cream ..... ¼ cup
  - Low fat milk ..... 1 cup
  - Almond flakes ..... 2 Tbsp
  - Olive oil ..... 1 Tbsp
  - Prawns (shell peeled) ..... 8 pcs
  - Garlic (minced) ..... 2 cloves
- (Parsley for garnishing)*

## Nutritional Information (400 g per serving)

- Energy ..... 590 kcal
- Carbohydrate ..... 69 g
- Protein ..... 33 g
- Fat ..... 24 g
- Saturated Fat ..... 7 g
- Cholesterol ..... 129 mg
- Dietary Fibre ..... 5 g
- Sodium ..... 350 mg

## Cooking Method

### For pumpkin puree:

1. Bring a large pot of water to boil. Add pumpkin to boiling water and cook for 10 minutes or until flesh is tender when pierced with a fork.
2. Puree pumpkin in a blender or mash pumpkin by hand.

### For the pasta dish:

1. Boil pasta according to package directions. Drain well.
2. While pasta is boiling, heat olive oil in a pan. Stir fry garlic until aromatic. Toss in prawns and stir fry for another 2-3 minutes until cooked. Turn off fire.
3. Add pumpkin puree and drained pasta into pan. Stir gently, adding in almond flakes.
4. Serve hot and garnish with chopped parsley.