

CARROT SPAGHETTI WITH PUMPKIN

Spiral Expert



Preparation : 20 min - **Resting :** - - **Cooking :** 20 min - **Equipment :** Spiral Expert + Spaghetti Cone

Ingredients : 4 PEOPLE

- 10 large carrots (800g) - 1 garlic clove - 1 shallot - 8 slices cured ham - 100 g ricotta, crumbled - Salt & pepper - FOR THE SAUCE : - 250 g puréed pumpkin (home-made or frozen) - 150 ml single cream - 1 tbsp olive oil - 1 tsp ground nutmeg

1. Peel and top and tail the carrots. spiralize with the SPAGHETTI cone. Cut into smaller spaghettis.
2. Fit the metal bowl. Pour in 500ml water, arrange the carrots in the steam basket and run the STEAM programme for 10 minutes. Set aside. Halve the shallot and the garlic clove, put in the bowl and run the EXPERT programme for 10 seconds/ Speed 13 (no heat). Add the olive oil and run the EXPERT for a further 3 minutes at Speed 2A/ 110°C. Add the pumpkin, cream and nutmeg. Run the EXPERT programme for 3 minutes at Speed 1A/ 90°C.
3. Add the carrot spaghetti to the sauce and season to taste.
4. Cut the slices of ham into strips and arrange on top of the spaghetti. Sprinkle with the crumbled ricotta.