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Pappardelle with Squash, Mushrooms, and Spinach

This delicious vegetarian recipe combines pappardelle pasta with roasted squash, sautéed mushrooms, and wilted spinach. The flavors are enhanced with garlic, thyme, and Parmesan cheese. It's a hearty and satisfying dish that can be enjoyed as a main course or as a side dish.

Recipe Type: Vegetarian

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	pappardelle pasta
500 g	Butternut squash
200 g	Mushrooms
150 g	spinach

2 cloves	garlic
1 tsp	Thyme
50 g	parmesan cheese
2 tbsp	olive oil
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Oven

Preheat the oven to 400°F (200°C). Peel and dice the butternut squash. Toss it with 1 tablespoon of olive oil, salt, and pepper. Spread the squash on a baking sheet and roast for 20-25 minutes, or until tender and slightly caramelized.

Prep Time: 10 mins

Cook Time: 25 mins

Step 2

Stove

Cook the pappardelle pasta according to the package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

In a large skillet, heat 1 tablespoon of olive oil over medium heat. Add the mushrooms and cook until they release their moisture and become golden brown, about 5-7 minutes. Add the garlic and thyme, and cook for another minute.

Prep Time: 5 mins

Cook Time: 7 mins

Step 4

Stove

Add the cooked pasta, roasted squash, and spinach to the skillet. Toss everything together until the spinach wilts. Season with salt and pepper to taste.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Serve the pappardelle with squash, mushrooms, and spinach hot, topped with grated Parmesan cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 12 g

Protein: 10 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	8 g	21.05%	32%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	12 g	42.86%	48%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	150 iu	16.67%	21.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Cuisines

Italian Indian Mediterranean Spanish American

Meal Type

Breakfast Lunch Brunch Dinner Snack Supper

Nutritional Content

Low Calorie High Protein Low Fat Low Carb Low Sodium High Vitamin C
High Iron High Calcium

Kitchen Tools

Blender

Course

Salads

Difficulty Level

Medium

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