




**Product Spotlight:  
Parmesan Cheese**


It is believed that medieval monks from the Parma region were the original creators of Parmesan cheese. The cheese made in the 13th century was very similar in taste and appearance to the cheese made today.



# Pumpkin and Sage Carbonara with Pangrattato

Carbonara, but not your classic! This version blends roasted pumpkin with free-range eggs to make a creamy sauce tossed through pasta, served with parmesan cheese, toasty pangrattato and crispy sage leaves.

 30 minutes

 4 servings

 Vegetarian

## Spice it up!

*Add dried chilli flakes and lemon zest to the pangrattato to spice it up!*

Per serve: **PROTEIN** 16g **TOTAL FAT** 35g **CARBOHYDRATES** 153g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
LONG PASTA	1 packet
SAGE	1 packet
PANKO CRUMBS	1 packet
ZUCCHINI	1
GARLIC	2 cloves
FREE-RANGE EGGS	6-pack
PARMESAN CHEESE	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan, saucepan, oven tray, stick mixer

## NOTES

If your grater has a fine setting, you can grate the garlic as well.

**No gluten option** - pasta is replaced with **gluten-free pasta**.

**Panko crumbs** are replaced with **almond meal**.



### 1. ROAST THE PUMPKIN

Set oven to 220°C and bring a large saucepan of water to a boil.

Dice pumpkin. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 15–20 minutes until golden and tender.



### 2. COOK THE PASTA

Add pasta and cook according to packet instructions or until al dente. Reserve **1 cup cooking liquid** and drain pasta.



### 3. COOK THE PANGRATTATO

Heat a large frypan over medium-high heat with **1 tbsp oil**. Add 1/2 sage leaves to pan, cook for 2–3 minutes until crisp. Remove to a lined plate. Finely chop remaining sage. Add to pan with panko, **oil, salt and pepper**. Cook, stirring for 3–4 minutes until golden and toasted. Remove to a bowl.



### 4. SAUTÉ THE ZUCCHINI

Add extra **oil** to frypan. Grate zucchini and crush garlic (see notes). Add to pan and sauté for 4–5 minutes until water from zucchini has cooked off.



### 5. MAKE THE SAUCE & TOSS

Crack 4 eggs into a jug. Add 3/4 cup roasted pumpkin, **1/2 cup reserved cooking liquid, salt and pepper**. Use stick mixer to blend to smooth. Add to frypan along with pasta, pumpkin and 1/2 parmesan. Toss to combine well. Add **cooking liquid** to loosen. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Divide pasta among shallow bowls. Top with pangrattato and remaining parmesan. Garnish with crispy sage leaves.



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