



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BUTTERNUT PUMPKIN

Just 1/2 cup of cooked pumpkin provides 100% RDI of vitamin A. This particular vitamin assists with healthy vision, good skin and strong bones!



3. MINI MEATLOAVES

WITH ROASTED PUMPKIN

 35 Minutes

 2 Servings

These meatloaves might be small in size, but they're big in flavour! Served with a side of tender, roasted pumpkin and fresh, local veggies, it doesn't get much better.

FROM YOUR BOX

BEEF MINCE	300g
SPRING ONIONS	2
PARSLEY	1/2 bunch *
TOMATO SUGO	1/2 jar *
GRATED CHEDDAR CHEESE	1/2 packet (100g) *
BUTTERNUT PUMPKIN	1/2 *
CARROT	1
ZUCCHINI	1/2 *
GREEN BEANS	1/2 packet (75g) *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, dried thyme

KEY UTENSILS

2 x oven trays, pan

NOTES

When using half a pumpkin, halve lengthways to ensure you will have the same amount of flesh for both dishes.

If preferred, boil pumpkin instead of roasting. Then mash before serving, adding salt, pepper and thyme to taste.

No beef option - beef mince is replaced with chicken mince. As chicken mince is more 'wet' than beef mince, you can add 1 tbsp breadcrumbs or make the chicken mince into patties instead.



1. MAKE THE MEATLOAVES

Set oven to 220°C.

Place mince into a bowl. Slice and add spring onions, parsley, 1/4 cup sugo, **1 tsp thyme, salt and pepper**. Mix well and form into 2-4 small meatloaves.



2. COOK THE MEATLOAVES

Place meatloaves onto a lined oven dish/ tray. Spread remaining sugo over each and sprinkle with grated cheese. Bake for 15-20 minutes until cooked through.



3. ROAST THE PUMPKIN

Deseed and cut pumpkin into 1cm slices (see notes). Toss with **oil, 1/2 tsp thyme, salt and pepper** on a lined oven tray. Roast for 15 minutes with the meatloaves.



4. COOK THE VEGETABLES

Heat a pan with **1/4 cup water**. Cut carrot into rounds and zucchini into crescents. Trim and halve beans. Add to saucepan, cover, and cook for 4-6 minutes or until cooked to your liking. Drain and toss with **olive oil, salt and pepper**.



5. FINISH AND PLATE

Serve meatloaves with roasted pumpkin and vegetables.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

