



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

 4 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	600g
SPRING ONIONS	1/3 bunch *
PARSLEY	1/2 bunch *
TOMATO SUGO	1/2 jar *
GRATED CHEDDAR CHEESE	1/2 packet (100g) *
BUTTERNUT PUMPKIN	1
CARROTS	2
ZUCCHINI	1
GREEN BEANS	1/2 packet (125g) *

* 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

If preferred, boil the pumpkin instead of roasting, and mash it before serving. Add 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 2 tbsp breadcrumbs or make the chicken mince into patties instead.



1. MAKE THE MEATLOAVES

Set oven to 220°C.

Place beef 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 4-6 small meatloaves.



2. COOK THE MEATLOAVES

Place meatloaves on 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

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



4. COOK THE VEGETABLES

Heat a pan with **1/3 cup water**. Cut carrots 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.