



Product Spotlight: Butternut Pumpkin


Unlike many other vegetables, pumpkin is healthier when cooked! Cooking increases the bioavailability of the nutrients found in pumpkin.



G2 Beef Meatballs with Onion Gravy and Pumpkin Mash

A warm and comforting meal of homemade beef meatballs, served over vibrant mashed pumpkin with a rich onion gravy and fresh salad.

 30 minutes

 2 servings

 Beef

3 June 2022

Switch it up!

Instead of making mash, roast the pumpkin. Set oven to 220°C. Wedge pumpkin and toss on a lined oven tray with oil, 1 tsp nutmeg, salt and pepper. Roast for 20 minutes until tender.

Per serve: **PROTEIN** 41g **TOTAL FAT** 53g **CARBOHYDRATES** 62g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED ONION	1
BEEF MINCE	300g
SEEDED MUSTARD	1 jar
AVOCADO	1
MIXED SALAD	1 bag

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground nutmeg, cornflour, apple cider vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Remove skin from pumpkin if desired. We like to keep it on for the added nutritional benefits. Removing the skin will give you a smoother, creamier mash.

Substitute olive oil for butter or milk in the mash. Substitute nutmeg for ground paprika if desired.



1. BOIL THE PUMPKIN

Roughly dice pumpkin (see notes). Add to a saucepan and cover with water. Bring to a boil and simmer for 10–15 minutes until pumpkin is tender. Drain pumpkin and return to pan.



2. CAMELISE THE ONION

Heat a large frypan with **3 tbsp oil** over medium heat. Peel and slice onion, add to pan and cook for 5 minutes.



3. MAKE THE MEATBALLS

Season mince with **salt and pepper**. Roll into 1 tbsp balls. Increase frypan heat to medium-high and add meatballs. Cook for 8–10 minutes, turning, until cooked through.



4. MASH THE PUMPKIN

Mash pumpkin with **1 tsp nutmeg** and **2 tbsp olive oil** (see notes) to desired consistency. Season with **salt and pepper**.



5. FINISH THE GRAVY

Whisk together mustard, **1 cup water** and **2 tsp cornflour**. Remove meatballs from frypan. Pour mustard mix into pan with onion. Simmer for 5 minutes until thickened. Season with **salt and pepper**.



6. FINISH AND SERVE

Dive avocado and toss in a large bowl with mixed salad and **2 tsp vinegar**.

Divide mash among plates. Top with meatballs and pour over onion gravy. Serve with mixed salad.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

