



Product Spotlight: Pumpkin

Pumpkins come in many different shapes and sizes, and what they all have in common is their versatility (baked, steamed, mashed) and deliciousness!



Pumpkin Mac n Cheese with Smoked Ham

Roasted butternut pumpkin blended into a creamy cheese sauce, tossed through macaroni pasta with cherry tomatoes, smoked ham and a crunchy panko topping.



30 minutes



2 servings



Pork

Switch it up!

Instead of making a creamy sauce, toss the roast pumpkin and tomatoes with pasta and a sugo or pesto. Top with parmesan cheese. You can toast the panko crumbs in a frypan instead of being used as a topping.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	37g	124g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
CHERRY TOMATOES	200g
SHORT PASTA	500g
PARMESAN CHEESE	1 packet
FREE-RANGE HAM	90g
PANKO CRUMBS	40g
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil/butter

KEY UTENSILS

oven tray, saucepan, stick mixer or blender, oven dish

NOTES

Keep the vegetables separated so that you can easily remove the pumpkin for step 3. Depending on the size of the pumpkin, use to taste!

Cauliflower has been replaced with **pumpkin** due to availability.

No gluten option - pasta is replaced with GF pasta. Panko crumbs are replaced with herb and garlic lupin crumbs.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Peel and dice **pumpkin** into 2cm cubes. Halve tomatoes. Toss, but keep separate, on a lined tray with **oil, salt and pepper**. Roast for **25–30 minutes** or until tender, ensuring pumpkin is soft enough to blend.



4. TOSS THE PASTA

Slice **ham**. Toss with cooked pasta, roast tomatoes and sauce in an oven dish until well combined. Season with **salt and pepper**.



2. COOK THE PASTA

Bring a saucepan of water to a boil. Add 1/2 packet **pasta** to boiling water and cook according to packet instructions or until al dente. Reserve **2 cups cooking water** before draining.



5. BAKE THE PASTA

Combine **panko crumbs** with **1/4 cup melted butter** or **olive oil**. Spread mixture on top of pasta and return to top shelf of oven for 5 minutes until crunchy.



3. BLEND THE SAUCE

Blend the roasted pumpkin with **parmesan cheese** and **1 1/2–2 cups reserved cooking water** using a stick mixer or blender. Add water gradually until a smooth, creamy sauce forms. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Chop **parsley** and use to garnish pasta bake. Serve at the table.

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