



### 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



4 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
	40g	16g	107g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
CHERRY TOMATOES	2 x 200g
SHORT PASTA	500g
PARMESAN CHEESE	1 packet
CARVED ROAST HAM	200g
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.

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.



### 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

Tear **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 **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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