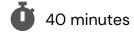




## Balsamic Pumpkin Traybake

### with Pesto

Hasselback pumpkin and tray bake vegetables roasted with a maple and balsamic glaze, served with green almond and walnut pesto from Hippie Veggies!







# Speed it up!

You can dice and roast the pumpkin instead of cutting them hasselback style! Serve as a warm salad.

TOTAL FAT CARBOHYDRATES

83g

#### FROM YOUR BOX

BUTTERNUT PUMPKIN	1
GARLIC CLOVE	1
SHALLOT	1
YELLOW CAPSICUM	1
CHERRY TOMATOES	1 packet (200g)
CHERRY TOMATOES  GREEN OLIVES	1 packet (200g)
GREEN OLIVES	1 jar

#### FROM YOUR PANTRY

olive oil, salt, pepper, maple syrup, balsamic vinegar, dried rosemary

#### **KEY UTENSILS**

oven tray

#### **NOTES**

Place a chopstick along the length of the pumpkin to use as a guide when cutting the pumpkin. This will help prevent the knife from cutting all the way through.





#### 1. PREPARE THE PUMPKIN

Set oven to 220°C.

Cut pumpkin into quarters lengthways and remove seeds. Place cut side down on a board. One at a time, cut as many slits as you can without cutting all the way through (see notes). Place on a lined oven tray and sprinkle with 1 tsp dried rosemary.



#### 2. ADD THE VEGETABLES

Whisk together crushed garlic with 1 tbsp maple syrup, 1 tbsp balsamic vinegar, 1 tbsp olive oil, salt and pepper. Wedge shallot and slice capsicum. Toss all on the tray along with tomatoes and drained olives. Roast for 25-30 minutes.



#### 3. PREPARE THE PESTO

Loosen pesto with 2 tbsp water. Set aside.



Serve mesclun leaves with roast vegetables. Spoon over pesto to taste.







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 O481 072 599 or send an email to hello@dinnertwist.com.au