




Product Spotlight: Pumpkin


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



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 Hippy Veggies!

 40 minutes

 4 servings

 Plant-Based

28 April 2023



Speed it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	6g	34g	47g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
GARLIC CLOVES	2
RED ONION	1
YELLOW CAPSICUM	1
CHERRY TOMATOES	2 packets (2 x 200g)
GREEN OLIVES	1 jar
VEGAN PESTO	1 jar
MESCLUN LEAVES	1 bag (60g)

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.



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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**.



4. FINISH AND SERVE

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



2. ADD THE VEGETABLES

Whisk together crushed garlic with **2 tbsp maple syrup, 2 tbsp balsamic vinegar, 2 tbsp olive oil, salt and pepper**. Wedge onion 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.

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**

