



Product Spotlight: Butternut Pumpkin

Also known as butternut squash, butternut pumpkin is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of pumpkin!



Spring Beef Lasagne with Sage-Roasted Pumpkin

A bright spring option for family-favourite beef lasagne, beef bolognese layered with sage-roasted pumpkin, sliced courgette, and ricotta cheese served with fresh watercress.



30 minutes



2 servings



Beef

Switch it up!

Switch the roasted pumpkin into pumpkin noodles! Add the dried sage to the bolognese and serve over pumpkin noodles with dollops of ricotta cheese.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	51g	21g	77g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
BROWN ONION	1
BEEF MINCE	300g
CARROT	1
TINNED CHERRY TOMATOES	400g
COURGETTE	1
RICOTTA	1 tub
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried sage, soy sauce (or tamari)

KEY UTENSILS

large frypan, oven tray, oven dish

NOTES

We leave the skin on the pumpkin to speed up preparation time and for the added nutrients.

You can dress the watercress with olive oil and vinegar if desired.



1. ROAST THE PUMPKIN

Set oven to 250°C.

Slice pumpkin (see notes). Toss on a lined oven tray with **oil, 1 tbsp sage, salt and pepper**. Roast for 15 minutes until pumpkin is just becoming tender.



2. BROWN THE MINCE

Heat a large frypan over medium-high heat. Slice onion and add to pan with beef mince. Sauté for 5-7 minutes until mince begins to brown and onion has softened.



3. SIMMER THE SAUCE

Grate carrot and add to pan. Pour in tinned cherry tomatoes with **1/2 tin water** and **1 1/2 tbsp soy sauce**. Simmer for 5 minutes and season with **pepper**.



4. PREPARE THE RICOTTA

Thinly slice courgette.

Add ricotta to a bowl with **1 tsp sage, salt and pepper**. Mix to combine.



5. BUILD THE LASAGNE

Oil the base of an oven dish. Layer roasted pumpkin, beef sauce and courgette slices. Dollop over seasoned ricotta. Return to oven on middle or bottom shelf to bake for 5 minutes until ricotta begins to brown.



6. FINISH AND SERVE

Trim watercress (see notes).

Serve lasagne tableside with watercress.



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