




Product Spotlight: Sage


Sage is a lovely aromatic herb that pairs well with warm, nutty flavours. It has anti-inflammatory properties and has been used medicinally for decades, helping with headaches, muscle aches and rheumatism.



K4 Hasselback Pumpkin with Fennel and White Beans

Sweet roasted pumpkin on a tray bake of roasted fennel, capsicum and white beans finished with a “cheesy” nut sauce.

 35 minutes

 4 servings

 Plant-Based

29 July 2022

Keep it simple!

Instead of cutting the pumpkin into “hasselbacks”, simply wash and cut it into 2 cm rounds. Season as per step 2 and reduce cooking time to 20 minutes uncovered.

Per serve: **PROTEIN** 24g **TOTAL FAT** 45g **CARBOHYDRATES** 74g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
SAGE	1 packet
HAZELNUTS	1 tub (60g)
RED CAPSICUM	1
FENNEL BULB	1
GARLIC CLOVES	2
TINNED WHITE BEANS	2 x 400g
CASHEW CHILLI CHEESE	1 jar (300g)
BABY SPINACH	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, ground nutmeg, maple syrup

KEY UTENSILS

oven tray, oven dish

NOTES

Once you have quartered the pumpkin, place it on your benchtop, tight against your chopping board and slice down the pumpkin until you hit the board. If your chopping board is thicker than 1 cm, you can use chop sticks or wooden (silicone) spoons on either side of the pumpkin as a cutting guide.

We used wet crunched baking paper to cover the pumpkin. You can use foil or another tray over the top.



1. PREPARE THE PUMPKIN

Set oven to 220°C.

Peel pumpkin and cut into quarters lengthways, remove seeds. Use a knife to cut slices into pumpkin 1 cm apart but not going all the way through (see notes).



2. COOK THE PUMPKIN

Roughly chop sage and hazelnuts. Rub over pumpkin with **1 tsp nutmeg, oil, salt and pepper** on a lined oven tray. Cover (see notes) and place into the oven and roast for 20 minutes. Remove cover and cook for a further 10 minutes or until tender.



3. ROAST THE TRAY BAKE

Slice capsicum and fennel (keep some green fronds for garnish). Crush garlic and drain beans. Toss together in a lined oven dish with **1 tsp oregano, 2 tbsp oil, salt and pepper**. Roast for 15-20 minutes until tender.



4. MAKE THE SAUCE

Tip cheese into a bowl and mix with **1/4 cup water** and **1 tsp maple syrup**.



5. FINISH THE TRAYBAKE

Toss spinach through roasted fennel tray. Add **1 tbsp olive oil** and season to taste with **salt and pepper**.



6. FINISH AND SERVE

Add the hasselback pumpkin to the top of the fennel tray. Spoon over half the sauce, and sprinkle with reserved fennel fronds. Take to the table for sharing with extra sauce (use 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 **0481 072 599** or send an email to hello@dinnertwist.com.au

