



Product Spotlight: Parmesan Cheese

It is believed medieval monks from the Parma region were the originators of the first Parmesan cheese. The cheese made in the 13th century was likely very similar in taste and appearance to the cheese made today.



Secret Veg Mac and Cheese

This mac and cheese is warming and comforting, with the bonus of secret vegetables hidden in the sauce; fussy eaters won't even know they're there!



35 minutes



4 servings



Vegetarian

28 July 2023

Switch it up!

*No stick mixer? Do not fear!
Blend the cooked pumpkin in a
food processor, or use a potato
masher or fork to mash it.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	13g	138g

FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
GARLIC CLOVES	2
SAGE	1 packet
BUTTERNUT PUMPKIN	1
SHORT PASTA	1 packet
PARMESAN CHEESE	1 packet
CHILLI LUPIN CRUMB	1 packet
MESCLUN LEAVES	120g
AGAVE DRESSING	2 sachets

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

2 saucepans, oven dish, stick mixer (see front page)

NOTES

Use hot water from a kettle to speed up the cooking time.

The chilli lupin crumb has a mild spice. For fussy eaters, try adding it to one side of the mac and cheese, or omit it and save it for another meal.

No gluten option – no gluten option is GF pasta.
Cook according to packet instructions.



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1. SAUTÉ THE ONION

Set oven to 220°C and bring a saucepan of water to a boil.

Heat a large saucepan over medium-high heat with **oil**. Slice onion, grate zucchini and crush garlic. Add to pan as you go along with 1/2 sage leaves. Sauté for 5 minutes (see step 2). Remove to a bowl and keep pan over heat.



2. BOIL THE PUMPKIN

While onion sautés, peel and roughly chop pumpkin. Add to pan over heat. Cover with water (see notes) and bring to a boil. Simmer for 10 minutes until pumpkin is soft.



3. COOK THE PASTA

Add pasta to saucepan of boiling water. Cook according to packet instructions. Reserve **1/2 cup cooking liquid**. Drain pasta.



4. MAKE THE SAUCE

Drain pumpkin and return to pan. Use a stick mixer to blend until smooth. Add sautéed vegetables back to pan along with pasta, 1/2 parmesan cheese and **reserved cooking liquid** as necessary. Season with **salt and pepper**. Stir to combine.



5. BAKE THE MAC & CHEESE

Mix remaining sage leaves, lupin crumb (see notes) and **2 tbsp oil** in a bowl.

Transfer pasta mix to an oven dish. Top with lupin crumb mix and remaining parmesan cheese. Bake for 5 minutes until golden on top.



6. FINISH AND SERVE

Toss mesclun leaves with agave dressing.

Serve the dressed leaves and mac and cheese tableside.

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