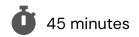


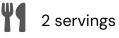




# Autumn Sage & Pumpkin Gratin

A rainbow of vegetables; butternut pumpkin, red onion and zucchini, roasted in a sage cream sauce with a almond meal and parmesan cheese topping, served with garlic sautéed greens.







# Crispy!

Crisp the sage leaves in a frypan over medium-high heat with oil for 2–3 minutes and use to garnish the gratin.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

34g 57

57g

65g

#### **FROM YOUR BOX**

| BUTTERNUT PUMPKIN | 1        |
|-------------------|----------|
| ZUCCHINI          | 1        |
| RED ONION         | 1        |
| COOKING CREAM     | 1        |
| GARLIC CLOVES     | 2        |
| PARMESAN CHEESE   | 1 packet |
| ALMOND MEAL       | 20g      |
| GREEN BEANS       | 150g     |
|                   |          |

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

#### **KEY UTENSILS**

oven tray, oven dish, saucepan

#### **NOTES**

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

As the pumpkin requires a longer cook time, preroasting it is necessary to ensure that the other ingredients don't burn.

Cook green beans in oil and butter for extra flavour!





#### 1. PREPARE THE VEGETABLES

Set oven to 220°C.

Chop **pumpkin**. Toss on a lined oven tray with **oil**, **salt and pepper**. Roast for 10 minutes (see notes).

Slice zucchini, wedge onion and set aside.



# 2. MAKE THE CREAM SAUCE

Add cream, 1/2 packet sage, 1 garlic clove, salt and pepper to a saucepan. Cook over medium heat for 5 minutes to infuse. Remove from the heat and stir in 1/2 packet parmesan.



#### 3. BAKE THE GRATIN

Add zucchini, onion and roasted pumpkin to an oven dish. Pour over cream sauce. Top with parmesan and **almond meal**, drizzle with **oil**. Bake for 15-20 minutes until vegetables are tender and top of gratin is golden.



### 4. COOK GREEN BEANS

Trim **beans** as necessary and crush remaining garlic. Heat a frypan over medium-high heat with **oil** (see notes). Add garlic and beans. Sauté for 3-5 minutes until tender. Season to taste with **salt and pepper.** 



# 5. FINISH AND SERVE

Garnish gratin with remaining sage leaves. Serve tableside with and sautéed green beans.

