



Product Spotlight: Almond Meal

Almond meal is best stored in a sealed container in a cool, dark place such as the pantry. You could also store in the fridge or freezer if you want to extend its shelf life!



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.



45 minutes



2 servings



Vegetarian

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	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, pre-roasting 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.



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