



### 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 an almond meal and parmesan cheese topping, served with garlic sautéed greens.



45 minutes



4 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
	19g	31g	23g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
ZUCCHINIS	2
RED ONION	1
COOKING CREAM	1
GARLIC CLOVES	3
PARMESAN CHEESE	1 packet
ALMOND MEAL	60g
BROCCOLINI	1 bunch
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 the green veggies in oil and butter for extra flavour!



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### 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 THE GREENS

Trim and halve **broccolini**, trim **beans** as necessary and crush remaining garlic. Heat a frypan over medium-high heat with **oil** (see notes). Add garlic and veggies. 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 greens.

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