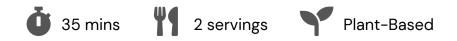


## Product Spotlight: Pumpkin

Unlike many other vegetables, pumpkin is healthier when cooked! Cooking increases the bioavailability of the nutrients found in pumpkin.

# 2 Hasselback Pumpkin

Caramelised roast pumpkin with a maple glaze and fresh salad.



4 June 2021

Mix it up!

If you want to simplify this recipe, simply dice the pumpkin and roast for the recommended time. Toss the roasted pumpkin in the maple glaze then add to the salad

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 15g 42g 69g

#### FROM YOUR BOX

BUTTERNUT PUMPKIN	1
WALNUTS	1 packet (20g)
RADISHES	1/2 bunch *
CHERRY TOMATOES	200g
PARSLEY	1/2 bunch *
ROCKET	1 bag
CASHEW CREAM CHEESE	1/2 jar *

\*Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, maple syrup, white wine vinegar

#### **KEY UTENSILS**

frypan, oven tray, aluminium foil

#### NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



## **1. PREPARE THE PUMPKIN**

Set oven to 220°C. Cut the pumpkin into quarters lengthways and scoop out the seeds. Place cut side down on a lined oven tray, cut as many slits in the skin as you can without cutting all the way through. Season with **oil, salt and pepper.** 



## **2. ROAST THE PUMPKIN**

Cover the oven tray with foil and roast for 15 minutes. Remove foil and roast for a further 15 minutes.



#### **3. MAKE THE GLAZE**

In a bowl whisk together 2 tbsp maple syrup, 1 tbsp olive oil, salt and pepper.



# **4. TOAST THE WALNUTS**

Heat a frypan over medium heat. Roughly chop the nuts and add to pan. Toast for 5-8 minutes until golden brown.



#### **5. MAKE THE SALAD**

In a bowl, whisk together **1 tsp vinegar**, **1 tbsp olive oil, salt and pepper.** Thinly slice radishes, halve cherry tomatoes and roughly chop parsley, add to the bowl as you go and toss together.



## **6. FINISH AND PLATE**

Evenly divide hasselback pumpkin among plates, pour over even amounts of glaze, top with walnuts. Make a bed of rocket on each plate, divide salad on top and dot cashew cream cheese over salad.

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

