



### Product Spotlight: Parmesan Cheese

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



## Pumpkin and Sage Carbonara with Pangrattato

Carbonara, but not your classic! This version blends roasted pumpkin with free-range eggs to make a creamy sauce tossed through pasta, served with parmesan cheese, toasty pangrattato and crispy sage leaves.



30 minutes



2 servings



Vegetarian

### Spice it up!

*Add dried chilli flakes and lemon zest to the pangrattato to spice it up!*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 55g     | 29g       | 213g          |

## FROM YOUR BOX

|                   |          |
|-------------------|----------|
| BUTTERNUT PUMPKIN | 1        |
| LONG PASTA        | 1 packet |
| SAGE              | 1 packet |
| PANKO CRUMBS      | 1 packet |
| ZUCCHINI          | 1        |
| GARLIC            | 1 clove  |
| FREE-RANGE EGGS   | 6-pack   |
| PARMESAN CHEESE   | 1 packet |

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan, saucepan, oven tray, stick mixer

## NOTES

If your grater has a fine setting, you can grate the garlic as well.

**No gluten option** - pasta is replaced with gluten-free pasta.

Panko crumbs are replaced with almond meal.



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### 1. ROAST THE PUMPKIN

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

Dice pumpkin (use to taste). Toss on a lined oven tray with **oil, salt and pepper**. Roast for 15–20 minutes until golden and tender.



### 4. SAUTÉ THE ZUCCHINI

Add extra **oil** to frypan. Grate zucchini and crush garlic (see notes). Add to pan and sauté for 4–5 minutes until water from zucchini has cooked off.



### 2. COOK THE PASTA

Add 1/2 packet pasta and cook according to packet instructions or until al dente. Reserve **1 cup cooking liquid** and drain pasta.



### 5. MAKE THE SAUCE & TOSS

Crack 3 eggs into a jug. Add 1/2 cup roasted pumpkin, **1/2 cup reserved cooking liquid, salt and pepper**. Use stick mixer to blend to smooth. Add to frypan along with pasta, pumpkin and 1/2 parmesan. Toss to combine well. Add **cooking liquid** to loosen. Season to taste with **salt and pepper**.



### 3. COOK THE PANGRATTATO

Heat a large frypan over medium-high heat with **1 tbsp oil**. Add 1/2 sage leaves to pan, cook for 2–3 minutes until crisp. Remove to a lined plate. Finely chop remaining sage. Add to pan with panko, **oil, salt and pepper**. Cook, stirring for 3–4 minutes until golden and toasted. Remove to a bowl.



### 6. FINISH AND SERVE

Divide pasta among shallow bowls. Top with pangrattato and remaining parmesan. Garnish with crispy sage leaves.

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