



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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
4/6 Person:	30g	24g	69g/74g

FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTERNUT PUMPKIN	1	2
LONG PASTA	1 packet	2 packets
SAGE	1 packet	2 packets
PANKO CRUMBS	1 packet	2 packets
ZUCCHINI	1	1
GARLIC CLOVES	2	3
FREE-RANGE EGGS	6-pack	6-pack
PARMESAN CHEESE	1 packet	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**. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 15–20 minutes until golden and tender.



2. COOK THE PASTA

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

6P – add 1 1/2 packets pasta and cook according to packets instructions or until al dente.



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.

6P – use 2 tbsp oil and 1 packet sage.



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.



5. MAKE THE SAUCE & TOSS

Add **4 eggs, 3/4 cup roasted pumpkin, 1/2 cup reserved cooking liquid**, to a jug. Use stick mixer to blend until smooth. Add to pan with **pasta, pumpkin** and **1/2 parmesan**. Toss to combine, add more **cooking liquid** to loosen. **Season** to taste.

6P – use 6 eggs, 1 cup pumpkin, 3/4 cup cooking water.



6. FINISH AND SERVE

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

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

