



Product Spotlight: Butternut Pumpkin

Also known as butternut squash, butternut pumpkin is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of pumpkin!



Spring Beef Lasagne with Sage-Roasted Pumpkin

A bright spring option for family-favourite beef lasagne. Beef bolognese layered with sage-roasted pumpkin, sliced zucchini and ricotta cheese served with fresh watercress.



35 minutes



2 servings



Beef

Switch it up!

Switch the roasted pumpkin into pumpkin noodles! Add the dried sage to the bolognese and serve over pumpkin noodles with dollops of ricotta cheese.

Per serve: **PROTEIN** 46g **TOTAL FAT** 41g **CARBOHYDRATES** 70g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
SAGE	1 packet
BEEF MINCE	300g
BROWN ONION	1
GARLIC CLOVE	1
CARROT	1
TINNED CHERRY TOMATOES	400g
ZUCCHINI	1
RICOTTA	1 tub
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari)

KEY UTENSILS

large frypan, oven tray, oven dish

NOTES

We leave the skin on the pumpkin to speed up preparation time and for the added nutrients.

Use ricotta to taste. Any leftover ricotta can be used to stir through pasta, add to a quiche, top pancakes, make a cheesecake, or as a substitute for yoghurt with your muesli.

You can dress the watercress with olive oil and vinegar if desired.



1. ROAST THE PUMPKIN

Set oven to 250°C.

Slice pumpkin (see notes) and finely chop sage (reserve 2 tsp). Toss on a lined oven tray with **oil, salt and pepper**. Roast for 15 minutes until pumpkin is just becoming tender.



2. BROWN THE MINCE

Heat a large frypan over medium-high heat. Add beef mince to pan, using back of a cooking spoon to break up. Slice onion and crush garlic, add to pan as you go. Sauté for 5-7 minutes until mince begins to brown and onion has softened.



3. SIMMER THE SAUCE

Grate carrot and add to pan. Pour in tinned cherry tomatoes along with **1/2 tin water** and **1 1/2 tbsp soy sauce**. Simmer for 5 minutes and season with **pepper**.



4. PREPARE THE RICOTTA

Thinly slice zucchini.

Add ricotta (see notes) to a bowl with 1-2 tsp sage, **salt and pepper**. Mix to combine.



5. BUILD THE LASAGNE

Add **oil** to base of an oven dish. Layer roasted pumpkin, beef sauce and zucchini. Dollop over seasoned ricotta. Return to oven on middle or bottom shelf to bake for 5 minutes until ricotta begins to brown.



6. FINISH AND SERVE

Trim watercress (see notes).

Serve lasagne tableside with fresh watercress.

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**

