



# Cheesy Pumpkin Gratin & Chilli-Thyme Crumb

with Rocket & Cucumber Salad

VEGGIE FAVES

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



Peeled Pumpkin Pieces



Cucumber



Garlic



Thyme



Panko Breadcrumbs



Chilli Flakes (Optional)



Cream



Vegetable Stock Powder



Grated Parmesan Cheese



Rocket Leaves



Shredded Cheddar Cheese



Diced Bacon

Prep in: 20-30 mins  
Ready in: 45-55 mins

Carb Smart

Sweet and savoury roast pumpkin? Check. A golden, herby crumb? Check. An ooey goey creamy sauce holding everything together? Check! This gratin has it all and then some, perfectly balanced out with a fresh rocket salad. This veggie wonder will appeal to even the biggest carnivores.

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Oven tray lined with baking paper · Medium or Large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
peeled pumpkin pieces	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
thyme	1 packet	1 packet
panko breadcrumbs	½ medium packet	1 medium packet
chilli flakes (optional)	1 pinch	1 pinch
cream	½ packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
grated Parmesan cheese	1 medium packet	1 large packet
rocket leaves	1 small packet	1 medium packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1914kJ (457cal)	203kJ (49cal)
Protein (g)	12.4g	1.3g
Fat, total (g)	31.8g	3.4g
- saturated (g)	18g	1.9g
Carbohydrate (g)	27.2g	2.9g
- sugars (g)	12.9g	1.4g
Sodium (mg)	602mg	63.9mg
Dietary Fibre (g)	4.6g	0.5g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Place **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until just tender, **20-25 minutes**.

4



## Finish the pumpkin

- Transfer **pumpkin** to a baking dish.
- Pour **cream mixture** over **roasted pumpkin**, then gently shake the dish to coat. Sprinkle with **grated Parmesan cheese** and **chilli-thyme panko mixture**.
- Bake **pumpkin gratin** until golden and bubbling, **10-15 minutes**.

2



## Get prepped

- Meanwhile, thinly slice **cucumber** into half-moons. Finely chop **garlic**.
- Pick **thyme leaves**.
- In a small bowl, combine **garlic**, **panko breadcrumbs** (see ingredients), a pinch of **chilli flakes** (if using), **thyme** and a drizzle of **olive oil**.

5



## Toss the salad

- Meanwhile, combine **cucumber**, **rocket leaves** and a drizzle of **vinegar** and **olive oil** in a large bowl. Season to taste.

3



## Make the white sauce

- In a medium bowl, combine **cream** (see ingredients), **vegetable stock powder** and a pinch of **salt** and **pepper**.

6



## Serve up

- Divide cheesy pumpkin gratin and chilli thyme crumb between plates.
- Serve with rocket and cucumber salad. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



### CUSTOM OPTIONS

**+** **ADD CHEDDAR CHEESE**  
Sprinkle over with grated Parmesan.

**+** **ADD DICED BACON**  
Cook in a frying pan, breaking up with a spoon, 4-6 minutes. Sprinkle over gratin before baking.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

