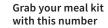


# Cheesy Pumpkin Gratin & Chilli-Thyme Crumb with Rocket & Cucumber Salad

VEGGIE FAVES

NEW

CLIMATE SUPERSTAR







Peeled Pumpkin Pieces



Cucumber





Thyme





Panko Breadcrumbs





(Optional)

Vegetable Stock

**Rocket Leaves** 



**Grated Parmesan** 



Cheese





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



Sweet and savoury roast pumpkin? Check. A golden, herby crumb? Check. An ooey gooey 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**

ingi caicites			
	2 People	4 People	
olive oil*	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	
vinegar* (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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# 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.



## Get prepped

- Meanwhile, thinly slice cucumber into halfmoons. 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.



## Make the white sauce

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



## Finish the pumpkin

**CUSTOM** 

**OPTIONS** 

- 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.



#### Toss the salad

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



## Serve up

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





