



Crumbed Pumpkin Wedges

with Herbs & Parmesan

Grab your Meal Kit with this symbol



Garlic



Herbs




Panko Breadcrumbs



Grated Parmesan Cheese



Peeled Pumpkin Pieces

 Hands-on: 5 mins
Ready in: 30 mins

We've worked out how to improve the classic side dish of golden roasted pumpkin wedges—add a crunchy topping of panko breadcrumbs, garlic, herbs and Parmesan! Trust us, once you've tried this jazzed-up version there's no going back.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper

Ingredients

	2 People
olive oil*	refer to method
garlic	2 cloves
herbs	1 bag
panko breadcrumbs	½ packet
grated Parmesan cheese	1 packet (30g)
peeled pumpkin pieces	1 bag (400g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	965kJ (231Cal)	404kJ (97Cal)
Protein (g)	10.2g	4.3g
Fat, total (g)	9.8g	4.1g
- saturated (g)	3.4g	1.4g
Carbohydrate (g)	22.9g	9.6g
- sugars (g)	8.6g	3.6g
Sodium (mg)	160mg	67mg

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.



Get prepped

Preheat oven to **220°C/200°C fan-forced**. Finely chop **garlic**. Pick and finely chop **herbs**.



Roast the pumpkin

Place **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, season and toss to coat. Top **pumpkin** with the **crumb** and gently press so it sticks. Roast until pumpkin is golden and tender, **15-20 minutes**.



Make the crumb

In a small bowl, combine **panko breadcrumbs** (see ingredients), **garlic**, **herbs** and **grated Parmesan cheese**, season with **salt** and **pepper** and drizzle with **olive oil**.



Serve up

Transfer crumbed pumpkin wedges to a serving plate.

Enjoy!