Crumbed Pumpkin Wedges

with Herbs & Parmesan









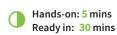


Panko Breadcrumbs

Grated Parmesan Cheese







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.



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**.



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**.



Serve up

Transfer crumbed pumpkin wedges to a serving plate.

Enjoy!