



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Pumpkin

Unlike many other vegetables, pumpkin is healthier when cooked! Cooking increases the bioavailability of the nutrients found in pumpkin.



## 2 Hasselback Pumpkin

Caramelised roast pumpkin with a maple glaze and fresh salad.

 35 mins

 2 servings

 Plant-Based

4 June 2021

### Mix it up!

*If you want to simplify this recipe, simply dice the pumpkin and roast for the recommended time. Toss the roasted pumpkin in the maple glaze then add to the salad*

Per serve: **PROTEIN** 15g **TOTAL FAT** 42g **CARBOHYDRATES** 69g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
WALNUTS	1 packet (20g)
RADISHES	1/2 bunch *
CHERRY TOMATOES	200g
PARSLEY	1/2 bunch *
ROCKET	1 bag
CASHEW CREAM CHEESE	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, maple syrup, white wine vinegar

## KEY UTENSILS

frypan, oven tray, aluminium foil

## NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



### 1. PREPARE THE PUMPKIN

Set oven to 220°C. Cut the pumpkin into quarters lengthways and scoop out the seeds. Place cut side down on a lined oven tray, cut as many slits in the skin as you can without cutting all the way through. Season with **oil, salt and pepper**.



### 2. ROAST THE PUMPKIN

Cover the oven tray with foil and roast for 15 minutes. Remove foil and roast for a further 15 minutes.



### 3. MAKE THE GLAZE

In a bowl whisk together **2 tbsp maple syrup, 1 tbsp olive oil, salt and pepper**.



### 4. TOAST THE WALNUTS

Heat a frypan over medium heat. Roughly chop the nuts and add to pan. Toast for 5-8 minutes until golden brown.



### 5. MAKE THE SALAD

In a bowl, whisk together **1 tsp vinegar, 1 tbsp olive oil, salt and pepper**. Thinly slice radishes, halve cherry tomatoes and roughly chop parsley, add to the bowl as you go and toss together.



### 6. FINISH AND PLATE

Evenly divide hasselback pumpkin among plates, pour over even amounts of glaze, top with walnuts. Make a bed of rocket on each plate, divide salad on top and dot cashew cream cheese over salad.

**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**

