



Cheesy Pumpkin & Veggie Bake

with Crunchy Pangrattato & Pear Salad

Grab your Meal Kit
with this symbol



Parsnip



Peeled & Chopped
Pumpkin



Brown Onion



Garlic



Pear



Garlic & Herb
Seasoning



Chopped Tomatoes



Vegetable Stock
Powder



Baby Spinach
Leaves



Panko Breadcrumbs



Grated Parmesan
Cheese



Shredded Cheddar
Cheese

- Hands-on: 20-30 mins
- Ready in: 40-50 mins
- Calorie Smart

Everyone loves a bubbling bake fresh out of the oven. This one includes wholesome roasted veggies, a rich, homemade tomato sauce and a crunchy pangrattato. Finish it off with a sprinkling of two types of cheese to guarantee a decadence reserved for someone special, such as yourself!

Pantry items

Olive Oil, Brown Sugar, Butter, Balsamic Vinegar

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 · Medium saucepan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
pear	½	1
garlic & herb seasoning	1 sachet	1 sachet
chopped tomatoes	1 tin	2 tins
brown sugar*	pinch	pinch
vegetable stock powder	1 large sachet	2 large sachets
butter*	30g	60g
baby spinach leaves	1 bag (60g)	1 bag (120g)
panko breadcrumbs	1 packet	1 packet
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
balsamic vinegar*	drizzle	drizzle

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2604kJ (622Cal)	350kJ (83Cal)
Protein (g)	24g	3.2g
Fat, total (g)	28.3g	3.8g
- saturated (g)	17.4g	2.3g
Carbohydrate (g)	61.8g	8.3g
- sugars (g)	32.2g	4.3g
Sodium (mg)	2496mg	336mg

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 veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **parsnip** into bite-sized chunks. Place **peeled & chopped pumpkin** and **parsnip** on a lined oven tray with a good drizzle of **olive oil** and a pinch of **salt**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



Get prepped

While the veggies are roasting, finely chop the **brown onion** and **garlic**. Thinly slice the **pear** (see ingredients).



Make the tomato sauce

In a medium saucepan, heat a drizzle of **olive oil** over a medium heat. Cook the **onion** until tender, **3-4 minutes**. Add the **garlic** and **garlic & herb seasoning** and cook until fragrant, **1 minute**. Add the **chopped tomatoes**, a pinch of **brown sugar**, the **vegetable stock powder**, **butter** and a splash of **water**. Simmer until slightly thickened, **5-6 minutes**. Add 1/2 the **baby spinach leaves**, then stir until just wilted. Season to taste.



Make the pangrattato

While the sauce is simmering, combine the **panko breadcrumbs**, **grated Parmesan cheese** and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**.



Finish the bake

Transfer the **roasted veggies** to a baking dish, then add the **tomato sauce** and gently stir to combine. Sprinkle over the **shredded Cheddar cheese** and **pangrattato**. Bake it until golden, **8-10 minutes**. Meanwhile, combine the **pear**, remaining **baby spinach** and a drizzle of **balsamic vinegar** and **olive oil** in a second medium bowl. Season and toss to coat.



Serve up

Divide the cheesy pumpkin and veggie bake between plates. Serve with the pear salad.

Enjoy!