



Crumbed Pumpkin Wedges

with Sage & Parmesan

Grab your Meal Kit with this symbol



Garlic



Sage



Butternut Pumpkin



Panko Breadcrumbs



Grated Parmesan Cheese

Hands-on: 10 mins
Ready in: 35 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, sage 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
sage	1 bunch
butternut pumpkin	1 (550g)
panko breadcrumbs	1 packet
grated Parmesan cheese	1 packet (30g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	1393kJ (332Cal)	419kJ (100Cal)
Protein (g)	13.8g	4.2g
Fat, total (g)	11.5g	3.5g
- saturated (g)	3.9g	1.2g
Carbohydrate (g)	38.8g	11.7g
- sugars (g)	14.9g	4.5g
Sodium (mg)	203mg	61mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic**. Pick and finely chop the **sage**. Cut the **butternut pumpkin** (unpeeled) into 1cm wedges.

TIP: Peel the pumpkin skin if you prefer!



Roast the pumpkin

Place the **pumpkin** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Top the **pumpkin** wedges with the **crumb mixture** and gently press so it sticks. Roast until golden and tender, **20-25 minutes**.



Make the crumb

In a small bowl, combine the **panko breadcrumbs**, **garlic**, **sage**, **grated Parmesan cheese**, a pinch of **salt** and **pepper** and a generous drizzle of **olive oil**.



Serve up

Transfer the sage and Parmesan crumbed pumpkin wedges to a serving platter.

Enjoy!