



Everything But The Chef

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Pumpkin & Pancetta Mac 'n' Cheese

If you're the kind of person who usually avoids mac 'n' cheese for health reasons, HelloFresh's take is going to win you back. We're using beautiful, sweet and creamy pumpkin to substitute a fair amount of that cheese over-load without losing any of the rich cheesy flavours.



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 2



pantry items



Pancetta



Brown Onion



Garlic



Pumpkin



Vegetable Stock Powder



Zucchini



Macaroni Pasta



Parmesan Cheese



Panko Breadcrumbs



Parsley

2P	4P	Ingredients	
2 slices	4 slices	pancetta, finely diced	⊕
1 tbs	2 tbs	olive oil *	
1	2	brown onion, diced	⊕
1	2	garlic clove, peeled & crushed	⊕
350 g	700 g	pumpkin, diced into 2 cm cubes	
1 tsp	2 tsp	vegetable stock powder	
500 ml	1 L	water *	
200 g	400 g	macaroni pasta	
1	2	zucchini, grated & moisture squeezed out	⊕
50 g	100 g	Parmesan cheese, finely grated	A
30 g	60 g	panko breadcrumbs	
Garnish		chopped parsley	⊕

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2100	Kj
Protein	22.5	g
Fat, total	15.1	g
-saturated	5.2	g
Carbohydrate	65.5	g
-sugars	9.4	g
Sodium	757	mg

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **220°C/200°C** fan-forced.

2 Place a small non-stick frying pan over a high heat. Add the **pancetta** and cook for **3 minutes** or until hot and crispy. Set aside.

3 In a large saucepan, heat the **olive oil** over a medium heat, add the **onion** and **garlic** and cook for **4 minutes** or until the onion is soft. Add the **pumpkin**, **stock** and **water**, bring to a boil, then decrease to a medium heat and simmer for **10 minutes**, or until the pumpkin is soft. Remove from the heat and blend the mixture until smooth.

4 Meanwhile, bring a large pot of salted water to the boil. Add the **pasta** to the boiling water and cook for approximately **5 minutes**, or until almost cooked (it will finish cooking in the oven). Drain and return to the pot then stir through the pumpkin mixture, pancetta, **zucchini**, half the **Parmesan cheese**, and season with **pepper**. Pour into a baking dish, spread the remaining Parmesan and **breadcrumbs** on top with a generous drizzle of oil. Place into the oven and cook for **15 minutes** or until the top is golden and crunchy.

5 Garnish with the **parsley** and divide among bowls, we recommend you serve yourself first or you'll be fighting over the last morsels!

Did you know? This classic recipe goes way back to the 14th century! Pasta and cheese casseroles have been recorded in one of the oldest medieval cookbooks, called Liber de Coquina.