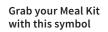


Crumbed Pumpkin Wedges with Sage & Parmesan













Butternut Pumpkin



Grated Parmesan Cheese



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

You will need

Oven tray lined with baking paper

Ingredients

	2 People
olive oil*	refer to method
garlic	2 cloves
sage	1 bag
butternut pumpkin	1
panko breadcrumbs	1 medium packet
grated Parmesan cheese	1 packet (30g)

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1335kJ (319Cal)	402kJ (96Cal)
Protein (g)	12.3g	3.7g
Fat, total (g)	10.8g	3.2g
- saturated (g)	4g	1.2g
Carbohydrate (g)	43.3g	13g
- sugars (g)	10.5g	3.2g
Sodium (mg)	209mg	63mg

The quantities provided above are averages only.

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 oven to 220°C/200°C fan-forced.
- Finely chop **garlic**. Pick and finely chop **sage**. Cut **butternut pumpkin** into thin wedges.

TIP: Peel the pumpkin skin if you prefer!



Make the crumb

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



Roast the pumpkin

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



Serve up

- Transfer sage and Parmesan crumbed pumpkin wedges to a serving platter.
- Enjoy!



