



Crumbed Pumpkin Wedges

with Sage & Parmesan

Grab your Meal Kit with this symbol



Garlic



Sage



Butternut Pumpkin



Panko Breadcrumbs



Grated Parmesan Cheese

Prep in: 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 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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



2022 | CW26



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!



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**.



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**.



Serve up

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

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://www.hellofresh.com.au/rate)