



# Cheesy Pumpkin, Tomato & Veggie Bake

with Pear Salad & Pangrattato

Grab your Meal Kit with this symbol



Zucchini



Peeled & Chopped Pumpkin



Onion



Garlic



Pear



Garlic & Herb Seasoning



Diced Tomatoes With Garlic & Onion



Vegetable Stock Powder



Mixed Leaves



Panko Breadcrumbs



Grated Parmesan Cheese

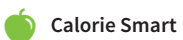


Shredded Cheddar Cheese

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins  
Ready in: 40-50 mins



What do you get when you bake slightly sweet roasted veg with a homemade herby tomato sauce, shredded Cheddar and a Parmesan-spiked pangrattato? The kind of dish that will have you excited to eat your veggies! Serve with a refreshing pear salad for added texture and to cut through the richness.

### Pantry items

Olive Oil, 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
zucchini	1	2
peeled & chopped pumpkin	1 medium bag	1 large bag
onion	1	2
garlic	2 cloves	4 cloves
pear	½	1
garlic & herb seasoning	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
vegetable stock powder	1 large sachet	2 large sachets
butter*	30g	60g
mixed leaves	1 medium bag	1 large bag
panko breadcrumbs	1 medium packet	1 large packet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
shredded Cheddar cheese	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2522kJ (603Cal)	364kJ (87Cal)
Protein (g)	22.9g	3.3g
Fat, total (g)	28g	4g
- saturated (g)	17.4g	2.5g
Carbohydrate (g)	61.5g	8.9g
- sugars (g)	27.7g	4g
Sodium (mg)	2500mg	360mg

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



## Roast the veggies

Preheat oven to **220°C/200°C fan-forced**. Cut **zucchini** into bite-sized chunks. Place **zucchini** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



## Get prepped

Meanwhile, finely chop **onion** and **garlic**. Thinly slice **pear** (see ingredients).



## Make the tomato sauce

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



## Prep the pangrattato

While the sauce is simmering, combine **panko breadcrumbs** and **grated Parmesan cheese** in a medium bowl. Drizzle with **olive oil**. Season, then stir to combine.



## Bring it all together

Transfer roasted **veggies** to a baking dish. Add the **tomato sauce**, gently stirring to combine. Top evenly with **shredded Cheddar cheese**, followed by the **pangrattato**. Bake until golden, **8-10 minutes**. Meanwhile, combine **pear** and remaining **mixed leaves** in a second medium bowl. Add a drizzle of **balsamic vinegar** and **olive oil**. Season, then toss to coat.



## Serve up

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

## Enjoy!

## Rate your recipe

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