

Spinach and Roasted Pumpkin Gratin

Serves: 4

Preparation Time: 25 minutes

Serve this with a green salad for a quick, uncomplicated dinner. This dish keeps well which makes it perfect to heat up for lunch the next day.

Ingredients

2 cups pumpkin, peeled and cut into small cubes
1 tablespoon oil
1 tsp minced garlic
1 x 300g packet PAMS frozen spinach portions, defrosted and drained
1 cup cream
2 eggs
1/2 teaspoon ground nutmeg
1/2 cup finely grated Parmesan

Method

Preheat oven to 200 degrees celsius.

Place the pumpkin cubes onto a baking tray, toss through the oil and stir through the minced garlic. Roast in the preheated oven until tender – about 10 minutes.

Slice PAMS drained spinach portions and put them into a shallow 3-cup capacity greased gratin dish. Add the cooked roasted pumpkin cubes.

In a small bowl beat together the cream, eggs and ground nutmeg. Season with salt and pepper. Pour the mixture over the spinach and pumpkin. Gently stir the whole gratin mixture with a wooden spoon making sure all the ingredients are evenly mixed through.

Sprinkle over the grated Parmesan. Bake in the preheated oven for 20-25 minutes until golden and bubbling.

Serve immediately.

Some handy tips

Grated Cheddar-style cheese can be substituted for Parmesan.

To drain excess water from PAMS frozen spinach portions, place in a sieve and press firmly with a wooden spoon.