



Everything
But The Chef

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Sharwama Spiced Pumpkin

This Sharwama dish is testament to the wisdom of traditional cooking. Everything you need for a tasty nutritious dinner is here - and you better believe that means flavour as well. The aroma of spiced pumpkin grilling never fails to send us off into a souk-reverie!



40 min



level 1



veggie



Pumpkin



Red Onion



Parsley



Sharwama Spice



Rocket



Tomato



Mint



Cucumber



Lemon



Yoghurt

2P	4P	Ingredients
1 tsp	2 tsp	HelloFresh Shawarma spice
1 tbs	2 tbs	olive oil *
500 g	1 kg	pumpkin, cut into wedges
1	2	cucumber, finely diced ⊕ A
1/2	1	red onion, finely diced
2 tbs	4 tbs	parsley, chopped
2 tbs	4 tbs	mint, chopped ⊕
1	2	tomato, finely diced
1	2	lemon, juiced ⊕
70 g	140 g	rocket, washed
1 tbs	2 tbs	balsamic vinegar *
1 tub	2 tubs	yoghurt ⊕

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	1360	Kj
Protein	15.2	g
Fat, total	8	g
-saturated	3.6	g
Carbohydrate	35.3	g
-sugars	28.8	g

Measuretool

0 cm	1 cm	2 cm



1 Preheat your oven to **200°C/180°C** fan-forced.

2 Mix together the **Shawarma spice blend** and a grind of **salt** and **pepper** with the **oil** and brush over the **pumpkin wedges**. Bake uncovered for **30 minutes** or until the pumpkin is tender.

3 Meanwhile, to make the carb free tabbouleh, toss the **cucumber**, **red onion**, **parsley**, **mint**, and **tomato** together. Season well with **salt** and **pepper** then stir through the **lemon juice**.

4 To serve, place the **rocket** on serving plates, drizzle with some **balsamic vinegar**, top with cooked spicy pumpkin and scatter over tabbouleh then drizzle over the **yoghurt**.



Did you know? People used to be afraid to eat tomatoes, believing they were poisonous due to their relation to the deadly nightshade plant.