



All-American Roast Pumpkin & Spinach

with Corn Rice, Chimichurri & Plant-Based 'Aioli'

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Pumpkin



All-American Spice Blend



Sweetcorn



Garlic



Basmati Rice



Vegetable Stock Powder



Baby Spinach Leaves



Plant-Based Aioli



Chimichurri Sauce



Flaked Almonds



Parsley



Chicken Breast

Prep in: 20-30 mins
Ready in: 35-45 mins



Plant Based^A

^ACustom Recipe is not Plant Based

1 Eat Me Early*
*Custom Recipe only

Roasted with a healthy sprinkle of our all-American spice blend, tonight's hearty pumpkin boasts the perfect balance of sweet and savoury flavours. Juicy bursts of charred sweetcorn make a welcome addition to the fragrant and fluffy rice, while the herby chimichurri and parsley really make the dish sing.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plant-Based Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pumpkin	1 medium	1 large
All-American spice blend	1 medium sachet	1 large sachet
sweetcorn	1 tin (125g)	1 tin (300g)
garlic	2 cloves	4 cloves
plant-based butter*	20g	40g
basmati rice	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
water*	1½ cups	3 cups
baby spinach leaves	1 small bag	1 medium bag
plant-based aioli	1 packet (50g)	2 packets (100g)
chimichurri sauce	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
parsley	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3402kJ (813Cal)	666kJ (159Cal)
Protein (g)	15.8g	3.1g
Fat, total (g)	41.6g	8.1g
- saturated (g)	4.9g	1g
Carbohydrate (g)	91.5g	17.9g
- sugars (g)	22.1g	4.3g
Sodium (mg)	1230mg	241mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4138kJ (989Cal)	613kJ (147Cal)
Protein (g)	50.7g	7.5g
Fat, total (g)	45.4g	6.7g
- saturated (g)	6.1g	0.9g
Carbohydrate (g)	91.5g	13.5g
- sugars (g)	22.1g	3.3g
Sodium (mg)	1309mg	194mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Bake the pumpkin wedges

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **pumpkin** into thin wedges.
- Place **pumpkin** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **All-American spice blend** and season with **salt**. Toss to coat.
- Roast until tender, **25-30 minutes**.

4



Finish the corn rice

- Add **basmati rice**, **vegetable stock powder**, the **water** and a generous pinch of **salt** to the pan. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks. In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.

2



Get prepped

- Meanwhile, drain **sweetcorn**.
- Finely chop **garlic**.

5



Bring it all together

- When rice is ready, stir through **baby spinach leaves**, until wilted.

Custom Recipe: Stir cooked chicken through the rice with the baby spinach leaves.

3



Start the corn rice

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**.
- Add **garlic** and the **plant-based butter** and cook until fragrant, **1-2 minutes**.

TIP: Cover the pan with a lid if the corn kernels are 'popping' out.

6



Serve up

- Divide corn rice between bowls. Top with All-American roast pumpkin.
- Top pumpkin with a dollop of **plant-based aioli** and a drizzle of **chimichurri sauce**.
- Sprinkle with **flaked almonds**. Tear over **parsley** to serve. Enjoy!

Rate your recipe

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