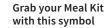


All-American Roast Pumpkin & Spinach

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

CLIMATE SUPERSTAR









Spice Blend





Sweetcorn



Vegetable Stock Powder



Baby Spinach







Chimichurri Sauce



Parsley



Flaked Almonds

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

Eat Me Early* *Custom Recipe only

Plant Based^ **^**Custom Recipe is not Plant Based

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.

Pantry items

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 \cdot 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





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.



Get prepped

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



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.



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.



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.



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

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate