



Nan's Chickpea & Pumpkin Buddha Bowl

with Slaw, Plant-Based Aioli & Almonds

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Garlic & Herb Seasoning



Garlic



Chickpeas



Baby Spinach Leaves



Shredded Cabbage Mix



Plant-Based Aioli



Nan's Special Seasoning



Tomato Paste



Roasted Almonds



Coriander



Chicken Breast

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

Calorie Smart[^]

Plant Based[^]

Eat Me Early*
*Custom Recipe only

[^]Custom Recipe is not Calorie Smart or Plant Based

This bowl of nourishment will leave you feeling satisfied and energised in equal measure. Between crunchy cabbage, roasted pumpkin and tasty chermoula-spiced chickpeas, every bite is a delight.

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

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar

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
peeled & chopped pumpkin	1 small bag	1 medium bag
garlic & herb seasoning	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
chickpeas	1 packet	2 packets
baby spinach leaves	1 medium bag	1 large bag
shredded cabbage mix	1 medium bag	1 large bag
plant-based aioli	1 packet (50g)	2 packets (100g)
Nan's special seasoning	1 medium sachet	2 medium sachets
tomato paste	1 packet	1 packet
water*	¼ cup	½ cup
plant-based butter*	20g	40g
brown sugar*	pinch	pinch
roasted almonds	1 medium packet	1 large packet
coriander	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)	2571kJ (614Cal)	518kJ (124Cal)
Protein (g)	21.2g	4.3g
Fat, total (g)	37.7g	7.6g
- saturated (g)	4.7g	0.9g
Carbohydrate (g)	42.8g	8.6g
- sugars (g)	16.7g	3.4g
Sodium (mg)	1231mg	248mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3324kJ (794Cal)	502kJ (120Cal)
Protein (g)	55.1g	8.3g
Fat, total (g)	42.5g	6.4g
- saturated (g)	6.1g	0.9g
Carbohydrate (g)	42.8g	6.5g
- sugars (g)	16.7g	2.5g
Sodium (mg)	1315mg	199mg

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



Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Place **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt**.
- Toss to coat, then spread out evenly. Roast until tender, **20-25 minutes**.

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

4



Cook the Nan's mixture

- When the pumpkin has **10 minutes** remaining, heat a medium saucepan over medium-high heat with a drizzle of **olive oil**.
- Cook **garlic, Nan's special seasoning** and **tomato paste**, stirring, until fragrant, **1-2 minutes**.

Custom Recipe: Before cooking the Nan's mixture, bring pan to high heat with a drizzle of olive oil. When oil is hot, add chicken and cook, tossing occasionally until browned and cooked through (when no longer pink inside), 5-6 minutes. Reduce heat to medium-high and continue as above.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Drain and rinse **chickpeas**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.

5



Add the chickpeas

- To the Nan's mixture, add **chickpeas**, the **water**, the **plant-based butter** and a pinch of the **brown sugar**.
- Cook, stirring, until slightly thickened, **3-4 minutes**.
- Remove pan from heat. Cover to keep warm.

3



Make the slaw

- In a medium bowl, combine **baby spinach leaves, shredded cabbage mix** and half the **plant-based aioli**.
- Drizzle with **olive oil**, then season with **salt** and **pepper**. Toss to combine.

6



Serve up

- Roughly chop **roasted almonds**.
- Divide Nan's chickpeas and roasted pumpkin between bowls. Top with slaw and almonds.
- Tear over **coriander** and top with remaining aioli to serve. Enjoy!

Rate your recipe

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