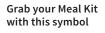


Smokey Roast Pumpkin & Garlic Rice with Radish Salsa, Chimichurri & Plant-Based Smokey Aioli

EXPLORER

CLIMATE SUPERSTAR











Seasoning



Garlic Paste





Vegetable Stock



Red Radish

Basmati Rice

Powder



Cucumber



Baby Spinach



Chimichurri Sauce



Plant-Based Smokey Aioli



Flaked Almonds





Prep in: 15-25 mins Ready in: 30-40 mins



Roasted with a healthy sprinkle of our Nan's special seasoning, tonight's hearty pumpkin boasts the perfect balance of flavours. The fragrant and fluffy garlic rice makes a welcome addition, while the herby chimichurri and radish salsa makes the dish sing.



Olive Oil, Plant-Based Butter, White Wine Vinegar

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

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
pumpkin	1 medium	1 large	
Nan's special seasoning	1 medium sachet	1 large sachet	
plant-based butter*	20g	40g	
garlic paste	1 packet	2 packets	
basmati rice	1 medium packet	1 large packet	
water*	1½ cups	3 cups	
vegetable stock powder	1 medium sachet	1 large sachet	
red radish	2	4	
cucumber	1	2	
baby spinach leaves	1 small bag	1 medium bag	
white wine vinegar*	drizzle	drizzle	
chimichurri sauce	1 medium packet	1 large packet	
plant-based smokey aioli	1 packet (50g)	2 packets (100g)	
flaked almonds	1 medium packet	1 large packet	
haloumi**	1 packet	2 packets	

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3208kJ (767Cal)	571kJ (136Cal)
Protein (g)	14.8g	2.6g
Fat, total (g)	38.8g	6.9g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	87.5g	15.6g
- sugars (g)	19.8g	3.5g
Sodium (mg)	1210mg	215mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4360kJ (1042Cal)	669kJ (160Cal)
Protein (g)	31.9g	4.9g
Fat, total (g)	61.6g	9.4g
- saturated (g)	18.9g	2.9g
Carbohydrate (g)	88.7g	13.6g
- sugars (g)	20.8g	3.2g
Sodium (mg)	2245mg	344mg

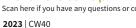
The quantities provided above are averages only.

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

We're here to help!

Scan here if you have any questions or concerns





Roast the pumpkin

- Preheat oven to 240°C/220°C fan-forced. Cut pumpkin into thin wedges.
- Place **pumpkin** on a lined oven tray. Drizzle with **olive oil**, sprinkle with Nan's special seasoning and season with salt. Toss to coat.
- Roast until tender, 20-25 minutes.

TIP: Peel the pumpkin if you prefer!

Custom Recipe: If you've added haloumi, cut haloumi into 1cm-thick slices. To a medium bowl, add haloumi and cover with water to soak.



Make the salsa

- · While rice is cooking, thinly slice red radish. Thinly slice cucumber into rounds. Roughly chop baby spinach leaves.
- In a medium bowl, combine radish, cucumber, baby spinach and a drizzle of the white wine vinegar and olive oil. Season.

Custom Recipe: Drain haloumi and pat dry. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi, until golden brown, 1-2 minutes each side.



Cook the rice

- Meanwhile, in a medium saucepan, heat the plant-based butter with a dash of olive oil over medium heat.
- Cook garlic paste, until fragrant, 1-2 minutes. Add basmati rice, the water and vegetable stock powder, stir, then bring to the boil.
- · Reduce heat to low and cover with a lid.
- Cook for 10 minutes, then remove from heat and keep covered until the rice is tender and the water is absorbed, 10 minutes.

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



Serve up

- Divide garlic rice between bowls. Top with smokey roast pumpkin and radish salsa.
- Top pumpkin with **plant-based smokey aioli** and **chimichurri sauce**.
- Sprinkle with **flaked almonds** to serve. Enjoy!

Custom Recipe: Top with smokey roast pumpkin, haloumi and radish salsa.

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

